

CAMILLA A ROYAL ON HER OWN TERMS

# Reader's digest

HOURS  
OF  
GREAT  
READING

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## SECRETS OF PERFECT SLEEP

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25 THINGS YOU REALLY  
NEED TO KNOW

---

NOT TRUE!  
**36** POPULAR FACTS  
DEBUNKED

---

**CRIME SCENE  
PROFESSIONALS**  
EXPERTS WHO BREAK THE  
TOUGHEST CASES

---

TEACHERS'  
FUNNIEST  
STORIES

HOW A  
CON MAN  
WORKS

WHEN  
SIBLINGS  
SPLIT UP







# Contents

NOVEMBER 2015

## Cover Story

### 30 25 THINGS YOU NEED TO KNOW ABOUT SLEEP

The latest research and great tips on how to get enough rest. KATE ALLEN & KATHERINE LAIDLAW

## Nature

### 38 WHEN YOU GIVE A TREE AN EMAIL

Given the chance, people have plenty to share with trees. ADRIENNE LEFRANCE FROM THE ATLANTIC

## Insight

### 44 "CALL THE VATICAN"

As Europe struggles with its refugee crisis, this priest offers hope and help. TIM BOUQUET

## Think Again

### 52 FALSE FACTS

It turns out that a lot of those things everyone knows to be true are flat-out fibs.

DAVID MCCANDLESS

## True Crime

### 56 THE CON MAN

An inveterate liar, a charming con artist: meet fake Swiss billionaire Albert Rosenberg.

COURTNEY SHEA FROM TORONTO LIFE

## Instant Answers

### 64 SHARKS

Man-eaters or much maligned? HAZEL FLYNN

## Humour

### 66 FUNNY TEACHER STORIES

Hilarious classroom anecdotes and real-life tales that'll make you laugh out loud.

P. | 38



P. | 44





# Contents

NOVEMBER 2015

P. | 80



P. | 104

## Profile

### 72 CAMILLA

Has the public's view of the Duchess of Cornwall changed? **SIMON HEMELRYK**

## Everyday Heroes

### 80 HE WAS DRIVEN TO HELP

A heroic teen rushes to save the life of a woman on a lonely street. **MELODY WARNICK**

## Relationships

### 86 WHEN SIBLINGS STOP SPEAKING

If you have a fraught relationship with an adult brother or sister, you are not alone.

**SARA ECKEL** FROM *PSYCHOLOGY TODAY*

## Living Language

### 90 THE NAY SAYERS

Why we aren't combobulated, gusted or grunted. **DONYALE HARRISON**

## Who Knew?

### 94 INCREDIBLE CRIME SCENE PROS

The forensic investigators who crack puzzling crimes. **JENNIFER M. WOOD** FROM *MENTAL FLOSS*

## Inspiration

### 97 JANE GOODALL

Reflections from the famous primatologist.

## Memoir

### 99 IT'S FUNNY WHAT YOU REMEMBER

A reunion with a school friend. **JANE SMILEY**

## Drama in Real Life

### 104 ORDEAL ON THE PACIFIC

For four men rowing across the ocean, it turned into a fight for survival. **SIMON HEMELRYK**

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## ISSUE

- Six Ways to Save the World
- The Blocks That Build Confidence
- Where Rembrandt is a Rock Star
- A Table Set with Kindness
- Points to Ponder
- We're No.1
- Roald Dahl's Saddest Story

## REGULARS

- 4 Letters
- 7 Editor's Note
- 8 Staff Picks
- 10 Kindness of Strangers
- 12 Unbelievable
- 14 My Story
- 79 Quotable Quotes
- 112 Smart Animals
- 120 Puzzles, Trivia & Word Power

## CONTESTS

- 5 Caption Competition
- 6 Jokes and Stories
- 9 100-Word Story Competition

## HUMOUR

- 42 Laughter is the Best Medicine
- 84 Life's Like That
- 102 All in a Day's Work

## THE DIGEST

- 17 Health
- 22 Food
- 24 Travel
- 26 Home
- 28 Etc
- 114 Movies & Books



SEE  
PAGE  
27

# Letters

READERS' COMMENTS AND OPINIONS

## **"But" at the Beginning**

In your interesting Living Language article ("Let It Go", August), I was surprised to notice a sentence starting with "But". I clearly remember my primary school English teacher saying "You must not start a sentence with 'But'."

I now wonder if this was a well-known "rule"? **JOY PETERSEN, Carindale, Qld**

*Not using "but" or "and" to start a sentence is indeed commonly taught, but it's never actually been a rule in English. Linguists suggest that teachers banned sentences starting with conjunctions to encourage children not to begin every*



*sentence with "And..." but it's a "rule" without grammatical basis. From Shakespeare's "But soft!" to Tolkien's "But after ages alone in the dark Gollum's heart was black..." many great sentences begin with "but". I hope your teacher never took marks off for but beginnings!*

**DONYALE HARRISON, chief subeditor**

## **Friends and Neighbours**

This is what is missing in our world ("Not Without My Neighbours", August). Community and the willingness to help a neighbour who is in a bad situation.

**ANNE HUSTED**

## **Eventful Times**

The world may not be falling apart because of

war, but it is being consumed and covered in garbage by seven billion inhabitants ("The World Is Not Falling Apart", August). **A.H., via e-mail**

## **LET US KNOW**

If you are moved – or provoked – by any item in the magazine, share your thoughts. See page 6 for how to join the discussion.

It's refreshing to read an expert opinion that presents a more positive spin on the state of the world.

**B. F., via e-mail**



## Death Penalty Debate

I agree wholeheartedly with Auberon Waugh's comment quoted in Instant Answers: "Capital Punishment" (August) that "... judicial execution can never cancel or remove the atrocity it seeks to punish; it can only add a second atrocity to the original one."

Life is a gift from God and no human being has the right to take it away, whatever the reason or argument.

E.J. MILTON

## Cracking Good Read

As an avid reader of your magazine, for more years than I care to remember, I found your August edition an absolute cracker. Keep up the good work – you've got a hard row to hoe to beat this one!

JOHN JONES, via e-mail

WIN!

### CAPTION CONTEST

*Do your best to come up with an amusing caption for this funny photo and you could win cash! Turn to page 6 for more details on how to enter.*



PHOTOS: THINKSTOCK



## Soft Spot

We asked you to think up a funny caption for this photo.

Egghead.

RADHIKA DE SILVA

Dont count your chickens before they hatch.

MABEL GOH

Arms around his object of desire, Kelvin created quite an impression.

YEOH CHIEW KIT

"I think I'll have to egg-zert great amount of force to move this bulk!"

SIDRA AHMED BAIG

"Egg or chicken first? I don't know, so I decided to look into it."

BETHANY LAW

Atlas realised with dismay he did not have the strength to lift the world back onto his shoulders again.

DR LAURENCE OLIVER

What me? Swollen-headed? Never!

LIBBY SEMBER

Think Big!

GILLIAN ANN C. FRANCISCO

Don't be such an ostrich and put your head in the egg!

COLLEEN WILD

**Congratulations to this month's winner, Bethany Law.**

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FOR DIGITAL EXTRAS AND  
SOCIAL MEDIA LINKS, SEE PAGE 27.

### Anecdotes and jokes

Send in your real-life laugh for  
Life's Like That or All in a Day's  
Work. Got a joke? Send it in for  
Laughter is the Best Medicine!

### Smart Animals

Share antics of unique pets or  
wildlife in up to 300 words.

### Kindness of Strangers

Share your moments of  
generosity in 100–500 words.

### My Story

Do you have an inspiring or  
life-changing tale to tell?  
Submissions must be true,  
unpublished, original and  
800–1000 words – see website  
for more information.

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# Editor's Note

## Playing Favourites

**THE MARVELLOUS THING ABOUT EDITING** this magazine is that so many people I meet love to tell me about their long association with Reader's Digest. I frequently hear stories about how they read it as a child, have had a subscription for years, picked it up when they were far from home, share copies with family and friends, or have a set pecking order in the family for who can jump on each new issue first. Last week someone I met with to discuss an upcoming series of stories coyly explained how, growing up, she used to squirrel away copies of the magazine to read over her school holidays, shutting herself away in a cupboard Harry-Potter-like while she delighted in each and every story at least once, and some over and over.

Do you or your family test each other over Word Power? Turn to the funny anecdotes first? Keep every copy or pass it on to a neighbour? I'd love to hear if you have a favoured way to read each issue. Write in or share your story with us on Facebook.



A handwritten signature in black ink, likely belonging to the editor, Sue G.

# Story Highlights

Great reads that connected with us at RD this issue

**This month's reader-contributed My Story (page 14) reminds us of the value of finding the courage to pursue a past interest – and of the unexpected rewards this can bring.**

**LOUISE WATSON**, managing editor

My younger brother, who is a keen surfer, tells me that he often sees sharks while out in the water. But these “fearsome predators” may have more reason to fear humans than the other way around (Instant Answers: “Sharks”, page 64).

**MELANIE EGAN**, deputy chief subeditor

**Growing up long before emails existed, I had a very earthy, environmentally focused uncle (his wardrobe consisted mostly of T-shirts emblazoned with “PLANT NATIVE TREES”) who I imagine would have loved to be around to email a tree (“When You Give a Tree an Email”, page 38).**

**VICKI POLZOT**, editorial coordinator



**I was in Bath, UK, for the Christmas lights ceremony a few years ago and stopped in at the Highgrove shop. I noticed an unusual fuss at the till; it was Camilla, Duchess of Cornwall, chatting merrily with shoppers as her ignored security team glowered behind her. That relaxed charisma comes shining through in “Camilla”, page 72.**

**DONYALE HARRISON**,

chief subeditor and production editor

**For an inveterate insomniac, the sleep story (page 30) is a godsend. At least one of the 25 tips has to work for me. Next, I'll need tips on remembering my pleasant dreams.**

**LUKE TEMBY**, designer

**WIN  
\$1000**

# 100 WORD STORY WRITING COMPETITION

Our incredibly successful 100-word story competition is back. This is your chance to win US\$1000 and see your work published by Reader's Digest – all you have to do is write a brilliant work of fiction in just 100 words. Stories should be original, unpublished and exactly 100 words long (99-words will be disqualified, hyphenated words count as one). Submit your entries by December 31, 2015.

FOR MORE ON HOW TO ENTER, AND FULL TERMS AND CONDITIONS, VISIT:

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Running out of time to catch a train or plane, these travellers sorely needed someone to come to their aid

# Racing the Clock

**JULIE**

**DEWHURST**

*lives in New South Wales, Australia, with her husband John. A retired history teacher, Julie loves to travel.*

**BY JULIE DEWHURST**

AFTER TWO MONTHS travelling though Europe, it was finally time for my husband, John, and me to return home. With time up our sleeves, we boarded a train at Moosach U-Bahn station that would take us straight to Munich International Airport in one hour. It all seemed too easy, as we followed the clearly positioned signs advising passengers travelling to the airport to use the last carriage.

As the train made its way through farmland and orchards, we relaxed in the knowledge that the journey would be a short one. But after one hour, and the airport nowhere in sight, we started to panic. Realising we were on the wrong train and close to tears, I wanted to get out at the next country station. At that point, a kind-hearted German lady, who had noticed our distress, told us to remain on the train until we reached the town of Landshut, about 40km from the airport. When we arrived, she guided us to an ATM (as we had no Euros left), before accompanying us to the stationmaster. After explaining our dilemma, he told her that a bus to the airport was leaving in six minutes. With John and me dragging our luggage, the three of us ran to the bus stop where she helped locate the correct bus.

We finally reached the airport 15 minutes before the plane was due to board. As we boarded, we explained our near disaster to one of the flight attendants, who smiled and said

**AMELIA**

**HODGE is a**

**22-year-old**

**Master of Teaching**

*student who, provided she continues to make the train, hopes to graduate next year.*

she also came from Landshut.

We were in such a state that we didn't ask the name of the kind lady we had met on the train. Despite writing to Landshut's mayor and the local newspaper to express our gratitude, we never got to properly thank our unknown Samaritan.

**BY AMELIA HODGE**

**WAKING UP TO REALISE** you've slept through your alarm is never a good feeling, and that Thursday morning back in April was no exception. Added to my sense of dread was the pouring rain outside. I was going to miss my train and my "Special and Inclusive" university seminar. My lecturer's voice echoed in my ears: "Miss the seminar and you fail the subject."

The best I could do was park my car 15 minutes away from the train station and make a run for it through the rain. It was then that I noticed a bus to my right slow to a stop. The door opened and a lovely lady called out from the front passenger seat, "Hop on!"

Leaping onto the bus, I was greeted by a cheerful driver who waved away my offer to pay. I was dropped off at

the station and, after a thank you and a wave, sped down to the platform and hopped onto the train. Thank you to the open-hearted people who got me to my important seminar and brightened my rainy day.

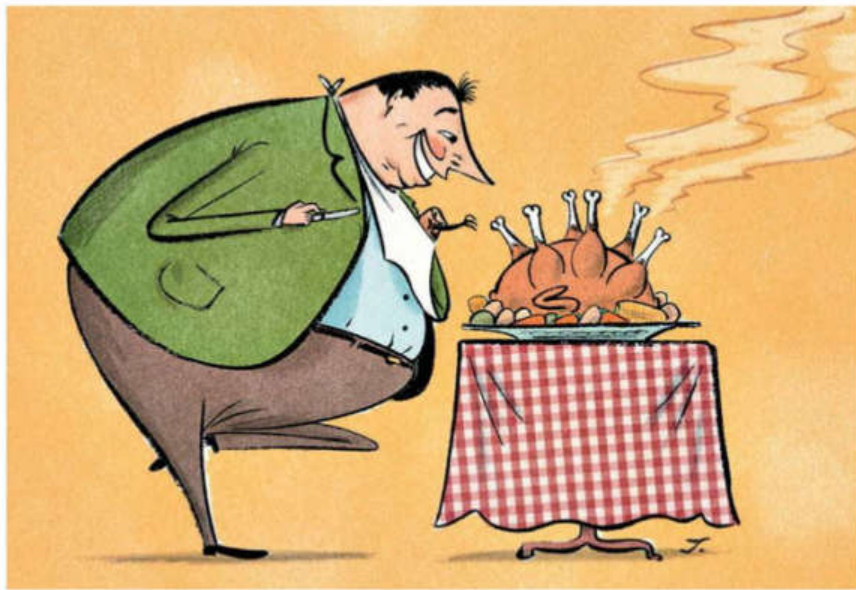
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**Share your story about a small act of kindness that made a huge impact. Turn to page 6 for details on how to contribute and earn cash.**



# Unbelievable

TRUE TALES TOLD TALL



## Chickening Out

Nury Vittachi finds plenty about poultry to ruffle his feathers

**CHILD** [sniffing at kitchen door]:  
“What’s for dinner? I hope it’s not turkey. I hate turkey.”

Me: “Big chicken.”

Child: “Yay!”

Ha ha! Judicious use of terminology solved that problem.

Food is largely a psychological issue. Case in point: did you read about the

guy in New Zealand who went on a hunger strike because he was angry that the government refused to pay for his weight reduction operation? I love potentially self-solving problems.

But I do have sympathy for folk trying to shed weight. Have you seen the price of a gym membership these days? Forget it! What’s to stop me

ILLUSTRATION: ANDREW JOYNER



stripping to my boxer shorts and walking up the down escalator at the mall for an hour a day? Other than the fact that I look eminently arrestable when stripped to my boxer shorts?

It's really hard to stay slim now, since it's clear that the food industry is united in a massive global conspiracy to make us all literally explode. (I don't want to sound like a conspiracy nut but I am currently amassing hard evidence that they're in cahoots with the house redecoration people.)

Solid evidence came from reader Sunita Chau who sent me an article about the latest US taste-sensation: a low-kilojoule snack called a Slim-Fast bar which is coated in batter, deep fried, and then topped with chocolate sauce. I can see why this sounds like a ridiculous way to serve a low-kilojoule snack, but on the other hand, the only way to get us Real Men to eat one would be to serve it that way or with a small side order of T-bone steaks.

Fast food firms are at the centre of the debate. The Chinese arm of a major fried chicken chain took out a lawsuit against several companies for spreading the news they'd developed a Superchicken with five or more legs. I'm not sure why they think this is bad as people love anything techie these days, especially with superhero

associations. I'd eat Superchicken if I got Superchicken powers. Although not if that included having five legs. On purely artistic grounds, five legs would be visually awkward compared to a four-, six- or eight-legged Superchicken design. But having said that, I often eat toasted cheese before bed, and eight-legged chickens would be the least

weird part of my dreams.

But wait. In the same country, there was a news story about a guy who had grown "man-boobs" (to use the medical term) after eating too many portions of hormone-filled chicken. At first, I thought this was an urban legend, as man boobs are sprouting everywhere in these high-

kilojoule times. A guy only has to spend half a day in the US to develop a significant pair.

Yet his doctors confirmed the theory and showed pictures of his torso, parts of which have swollen to an extent that would cause definite surprise in the mind of any male. People saving up for breast-enlargement operations might save a fortune by simply switching their diet to what this guy ate.

Bother. Now I don't feel like eating the "big chicken" I just cooked.

*Nury Vittachi is a Hong Kong-based author. Read his blog at [Mrjam.org](http://Mrjam.org)*

---

***I'd eat  
Superchicken if I  
got Superchicken  
powers.  
Although not if  
that included  
having five legs***

---

An unexpected friendship gave Ted Price the drive to pursue a long neglected passion in art

# An Artist's Portrait

BY TED PRICE

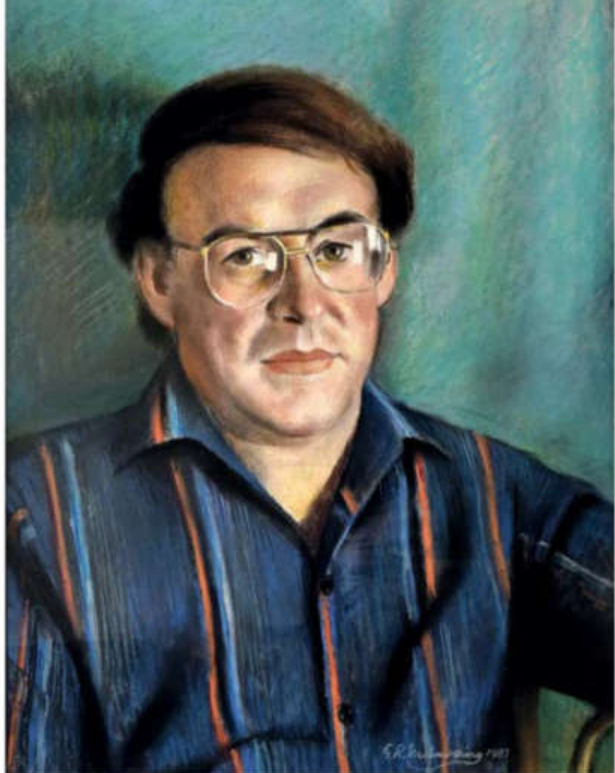
*Ted Price now lives in Perth, Western Australia. His interests include art, travel and history. He is a member of the Alfred Cove Society of Artists and the Melville Community Arts Association*  
*portraiture group.*

**MY LOVE OF ART** began back in high school, over 55 years ago. But despite my urge to pursue it as a career, I followed my art teacher's advice and pursued my other passion – journalism. After leaving school in 1959, I went on to work on newspapers in both New Zealand and Australia, as well as in TV and radio. My two passions eventually merged in the mid-1970s when I travelled regularly to Asia to work for World Vision as a photo-journalist. My beats were Bangladesh, India, Sri Lanka, Thailand, Indonesia and the Philippines.

In 1987 I bought a house on the outskirts of Ballarat in Victoria, Australia. I was a senior subeditor on a daily paper and my evening shift ran anywhere from 5pm to 1am. Across the road from my house lived 75-year-old Geoffrey Mainwaring. As we were both around during the day, we became friendly.

Visiting his home for coffee for the first time, I found his walls covered with high-quality oil and pastel art works. Geoff had retired ten years earlier, after 27 years as head of the Art Department at the then University of Ballarat. When I asked about his extensive art collection, he explained that, during World War II, he was one of the official Australian Army artists.

About 400 of Geoff's works are held by the Australian War Memorial in Canberra, including large paintings of battle scenes involving Australian forces in the Pacific where he served as a lieutenant. A quote from a letter of complaint by Geoff written home to his colonel in Australia became the title of a major exhibition of work by war artists. "Send Me More Paint" was



*Geoff Mainwaring's  
pastel portrait of  
writer Ted Price, 1987*

Victory Marches in London. It was his job to record the victory parade scenes.

In 1987 Geoffrey asked whether I'd let him paint my portrait. It was done in pastel over several sittings and he gave it to me framed as a Christmas present. During the sittings I would think to

displayed throughout the major centres in the 1990s. Geoff was a prolific war artist and had caseloads of sketches of the New Guinea jungle.

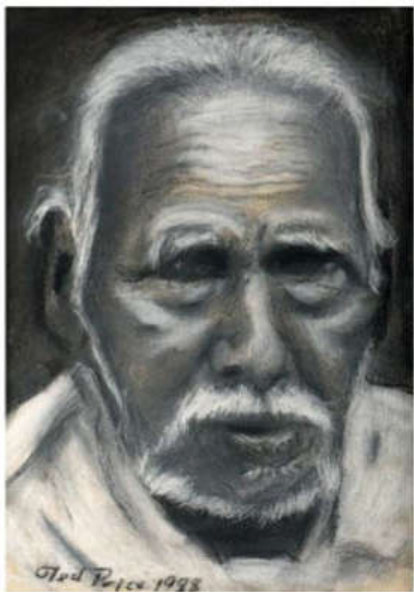
Military artists witnessed the most important events of the war. On September 8, 1945, Geoff was there to document the official Japanese surrender ceremony in Torokina, Bougainville when the commander of the XVII Japanese Army, Lieutenant General Masatane Kanda, handed over his sword signifying his country's surrender. Then, in June 1946, he accompanied Australian troops on the HMAS *Shropshire* headed to the

myself, *I wouldn't mind having a crack at that.*

Later, when I showed Geoff a photo I took in Sri Lanka of an old man in a remote village, he produced a stick of charcoal. "There's the studio," he said. "Go for it." About an hour or so later I emerged with my first effort. I'm pleased to say it turned out pretty well.

From then on it was all go. When Geoff had portraiture commissions he would invite me to take an easel in the studio and work alongside him. It was magical.

Our sitters included a Catholic bishop in full robes, a former Deputy

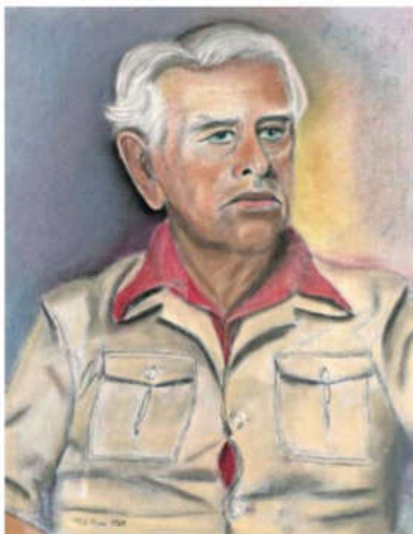


Premier of Victoria, as well as an Ansett pilot in his uniform.

I never went to art school but the gems of knowledge and advice that Geoff offered as we shared a coffee after each sitting helped me so much. "Perhaps that side needs cooling," I recall him suggesting as I painted the bishop. "Maybe more definition there." "Check those dimensions again."

With Geoff's persuasion I ventured into more ambitious works and began entering art competitions. As my confidence grew, so too did my work.

In 1988 Geoff graciously sat for me as I did his portrait in pastels. It took four sittings, and though the result was not a patch on his work, it was nevertheless a delight to do. We would



*After not drawing for 30 years, Ted's rendering of a Sri Lankan man in charcoal and white pastel (left); and Ted's portrait of Geoff (above) in pastels*

joke that these sittings kept us off the street and out of the pub.

Geoff passed away in April 2000 and I still miss him, particularly his friendship and encouragement. I have continued to paint and am now involved in a portraiture group exhibiting my work from time to time. Thanks to Geoff's interest and guidance, I was able to resurrect the enthusiasm for art of my youth. I will be forever grateful.

**Do you have a tale to tell?**  
**We'll pay cash for any original and unpublished story we print. See page 6 for details on how to contribute.**

# THE DIGEST

HEALTH

## 6 Signs of Stroke You Might Be Ignoring

BY ALYSSA JUNG

**With stroke now the second-leading cause of death worldwide it's important everyone recognises the early signs.**

There are two primary kinds of stroke. An ischaemic stroke means blocked blood vessels are causing a reduction in blood flow in the brain. A haemorrhagic stroke means a ruptured blood vessel is leaking blood in the brain. Symptoms for both

kinds of stroke can be similar or vary, depending on which part of the brain is affected. It's important to call an ambulance as soon as you notice any potential signs of trouble.

### **1 YOU THINK EXHAUSTION IS MAKING YOU SEE DOUBLE.**

Vision problems like seeing double, blurriness, or loss of sight in one eye can be a sign of a stroke. "Seeing two images is very unusual for just being tired or reading too much," says stroke

specialist Dr Carolyn Brockington from New York's Mount Sinai Roosevelt Hospital. A blocked blood vessel can reduce the amount of oxygen getting to the eye, which causes vision issues that may not be accompanied by any other signs of stroke.



## **2 YOU THINK YOUR ARM IS NUMB BECAUSE IT “JUST FELL ASLEEP”.**

If you wake up from a nap and your arm or leg is numb, it's easy to assume it's due to a compressed nerve. “If your arm is suddenly numb or weak, and it doesn't go away in a few minutes, call an ambulance,” says Professor Ralph Sacco, a neurology specialist at the University of Miami. Decreased blood flow through the arteries that run up your spine to the back of your head causes numbness or weakness on one side of the body.

## **3 YOU THINK THAT “IT’S ON THE TIP OF MY TONGUE” FEELING IS DUE TO BEING TIRED.**

Sudden cognitive deficits are a common sign of stroke. “You might struggle to think of a word every once in a while, but there shouldn't be a long period of time where you can't think of anything to say or be unable to speak,” says Brockington.

## **4 YOU ASSUME ALCOHOL IS BEHIND YOUR WOBBLINESS.**

“People think they're having balance issues because they had a drink, but see if that makes sense,” says Brockington. “You won't have delayed balance problems, so a drink from earlier in the day probably isn't to blame. It could be from a decrease in blood flow to the brain.” Even if you had a few drinks earlier, if you suddenly start to stumble, can't

walk straight, or experience sudden dizziness, don't wait for it to pass; call an ambulance straight away.

## **5 YOU BLAME SLURRED SPEECH ON YOUR MEDICATION.**

“Some medicines, like painkillers, can cause slurred speech,” says Sacco. But if that's not a side effect you usually experience, you might be having a stroke and should seek help immediately, he says.

## **6 YOU CHALK THAT BLINDING HEADACHE UP TO A MIGRAINE.**

It might just be a migraine, but if you're not prone to them, it could be a stroke. “Strokes can masquerade as migraine headaches because they have the same neurological symptoms,” says Sacco. “I tell people to treat it like a stroke and call for help; let us figure it out.”



PHOTOS: ADAM VOORHES; THINKSTOCK



## NEWS FROM THE World of Medicine

### Mindfulness Therapy as Effective as Drugs

People with a history of recurrent depression have a high risk of relapse, so they normally stay on antidepressants for at least two years. However, a trial published in *The Lancet* involving a group of 424 English adults with a history of recurrent depression found that a treatment called mindfulness-based cognitive therapy (MBCT) was equally as effective as medication and may be superior for those with the greatest risk of relapse. MBCT combines the rational problem-solving approach of cognitive behavioural therapy with “mindfulness” techniques designed to reduce stress.

### Use an Electric Bike, Cycle More

During a recent controlled experiment by the Institute of Transport Economics in Norway, cyclists who were given unlimited access to

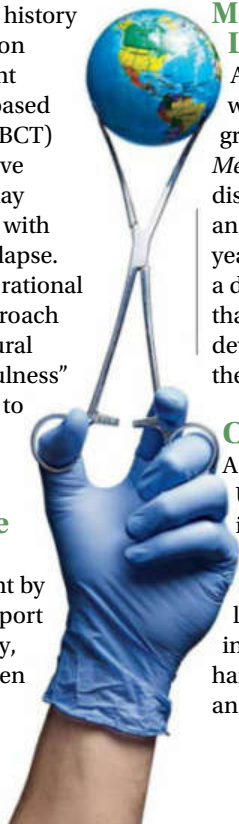
an electric bike doubled the distance they travelled by bicycle. Electric bikes combine pedalling and a battery-powered motor that can be used for assistance. They require less effort than an ordinary bicycle but still beat the car.

### Menopausal Symptoms Last Longer Than Believed

A new study of nearly 1500 US women from a variety of ethnic groups published in *JAMA Internal Medicine* suggests menopausal discomforts such as hot flashes and night sweats last for a median 7.4 years and can continue for more than a decade. The researchers concluded that the medical community needs to develop safe longer-term therapy for these symptoms.

### Contact Lens Care Too Lax

A recent study by researchers at the University of New South Wales identified three hygiene habits associated with higher bacterial and fungal contamination in lens cases, which can lead to eye infections. They were: failing to wash hands before handling lenses; mixing and matching disinfecting solutions



# Surprising Hair Myths And Facts

**BRUSH 100 TIMES A DAY FOR HEALTHIER HAIR. MYTH.** This is now known to risk damaging your mane. Brushing pulls out hair that isn't ready to fall out, often breaks healthy hairs, and scratches the scalp. Brush gently for styling only, not to stimulate the scalp.

**BEING STRESSED CAN MAKE YOUR HAIR FALL OUT. FACT.** Severe stress can take a toll on your hair. All hair follicles normally undergo periodic "rest" periods; sudden stress can cause them to enter this resting phase prematurely, making the hair fall out in the three months following the stressful event. Normally hair growth restores naturally, but it's important to deal with stress and seek medical advice to rule out underlying illness, hormonal imbalance, or medication side effects.

**WORRY BRINGS GREY HAIR. FACT.** The stress hormone adrenaline may damage DNA in the genes responsible for the production of melanin, the pigment that gives hair its colour.



**HAIR CAN TURN WHITE WITH FRIGHT. MYTH.** You can't lose pigment in your hair because hair is dead when it leaves the scalp. But a severe shock could trigger alopecia areata, an autoimmune condition that causes hair to drop out. In rare cases this can attack only pigmented hairs, leaving gray and white hair behind.

**HAIR GROWS FASTER IN THE SUMMER. TRUTH.** When it's cold, blood is diverted to internal organs to maintain body temperature, which decreases blood flow to the scalp. In warm weather, enhanced circulation to the skin boosts follicle activity and increases the rate of hair growth. Hair grows 10-15% faster in summer.

**CUTTING HAIR BY THE MOON SPEEDS ITS GROWTH. MYTH.** Some people believe that cutting hair under a waxing moon promotes growth. Alas, hair does not grow back more strongly after it's cut – at any time.

# How to Prevent Dehydration



**When the weather's warm**, you need to make sure you drink enough fluids. But did you know that you lose your sense of thirst as you get older? This means you're more likely to become dehydrated, making you more prone to falls, heart disease, urinary-tract infections, kidney stones and confusion.

A study from Loughborough University in the UK has shown that drivers who had only a few sips of water an hour made twice as many mistakes as motorists who were properly hydrated – in fact, they made a similar number of errors to what you'd expect from someone over the drink-drive limit.

So how do you know when you're dehydrated? Warning signs include:

- Feeling tired
- Dry mouth and dry skin
- Dark urine
- Reduced appetite
- Reduced concentration

- Headache
- Constipation.

But you might not notice any symptoms at all, so to make sure you stay hydrated:

- Keep a glass of water by your side when you're at home, and sip from it regularly.
- Form a new drinking habit – for example, when watching TV, always reach for the water glass during an ad break.
- Take a small bottle of water with you when you go out.
- Always drink a large glass of water with a meal.
- Eat fruit and veg with high water content.
- Draw up a weekly water card – a bit like a coffee loyalty card – with a target of eight glasses of water a day. Mark it every time you have a glass of water. Award yourself a prize when it's full at the end of the week.
- Drink water before, during and after you take any exercise.



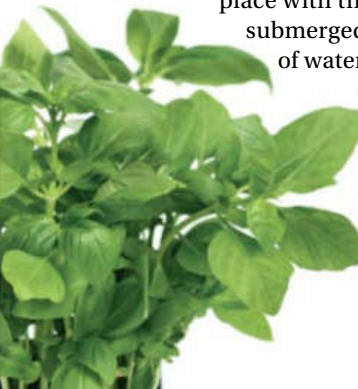
# Foods That Hate the Fridge

Keep this produce fresher at room temperature

BY KELSEY KLOSS

■ **Whole watermelons** The fridge can cut the number of antioxidants in half. A US study found that watermelons at room temperature develop nearly double the levels of compounds like beta-carotene (which promotes healthy skin and eyesight) than do refrigerated watermelons. Cool air stunts the antioxidant growth that occurs after harvest. But refrigerate cut watermelon to prevent bacterial growth.

■ **Basil** If this tropical plant is stored below 5°C, it turns black quickly. Keep in a shady place with the stems submerged in a glass of water. Place a plastic bag loosely over the plant to stop it drying out.



■ **Potatoes** Cold temperatures convert potato starch into sugar. This results in a gritty texture and a slightly sweet flavour. Potatoes do best at 7°C (most refrigerators are set from 1.7-3.3°C). Store them in a paper bag in the cool pantry – sunlight causes chlorophyll to accumulate, turning potatoes green and sometimes bitter.

■ **Onions** These need air circulation to stay fresh. Store whole onions in a hole-punched paper bag in the pantry. Avoid storing onions and potatoes together, as the gases they each give off will cause the other to spoil. Refrigerate chopped onions.

■ **Tomatoes** Cool air alters the chemical pathways in tomatoes, slowing those that contribute to fresh flavour and accelerating others that dull flavour. Store whole tomatoes on the kitchen counter for more delicious taste and better ripening.

# Double-Duty Kitchen Tools

BY KELSEY KLOSS

## VEGETABLES PEELERS SHAVE

**CHEESE.** For thin, long slices of cheese, shave the block with a vegetable peeler. Serve on a Caesar salad or pasta. Also use a vegetable peeler to slice hard, cold butter; the thin strips melt quickly on warm toast.

## ICE-CREAM SCOOPS

### MEASURE BISCUIT DOUGH

**AND CUPCAKES.** Portion dough or cake mix with an ice-cream scoop for uniform biscuits and cupcakes.

## EGG SLICERS CHOP

**STRAWBERRIES.** Use an egg slicer to quickly chop strawberries for fruit salads and desserts. Or cut avocados for sandwiches and uniform mozzarella slices for salads and pizza.

## COFFEE GRINDERS CRUSH NUTS.

Pour nuts or seeds into a coffee bean grinder for a chopped breakfast or dessert topping. This works particularly well with soft nuts like walnuts, pecans and pine nuts (but keep an eye on the consistency; grind for too long, and you may end up with nut butter). Clean after each use.



**PIZZA WHEELS CHOP HERBS.** Turn in the chopping knife; instead, roll over herbs like parsley and coriander with a pizza wheel for quick and safe slicing. A pizza wheel also effortlessly chops foods like pancakes and pasta for small children.

## TURKEY BASTERS SHAPE

**PANCAKES.** Don't wait for a festive occasion to break out the turkey baster; you can use it for breakfast all year long. Fill a baster with pancake batter, and squeeze out custom shapes on a griddle or pan. For artistic shading, first draw the outline of your desired shapes (say, an autumn leaf). Let it brown before filling in the rest.



# Trends to Watch Out For

Snack airline tickets and fashion in your hotel room

## BAGGING A CHEAP-AS-CHIPS AIRLINE TICKET

Think of this promotion as more playful than practical. Back in April, Dutch low-cost airline Transavia released “SnackHolidays” packets of chips, gummy bears and cereal bars that doubled as a passenger ticket and boarding pass. The range was stocked at French supermarkets and cinemas and in vending machines on train platforms. All potential passengers had to do was decide between gummy sweets (Lisbon), potato chips (Barcelona) or a cereal bar (Dublin). Ranging in price from €30-40 (R465-620), the packets featured printed QR codes that booked the flight.

Definitely a novelty, but one we think deserves a round of applause for originality. And yes, there was a use-by date.



## MINI FASHION BARS

For anyone who hates packing or has a habit of forgetting things – this could be for you. Visitors to the Banks Hotel in Antwerp now have something extra in their room. Each room is fitted with a Mini Fashion Bar, featuring casual easy-to-wear clothing from the French brand Pimkie. The mini bars are stocked with seasonal accessories, shoes and outfits to suit the guest's age and size, as well as any preferred holiday activities. To ensure the right choices

are waiting when they check in, guests are asked to contact the hotel's dedicated fashion concierge before arriving in town.

So what's the catch? Well, we couldn't find any – apart from having to buy the clothes if you wear them.

Plans are set to introduce the concept to the company's hotels in Paris, London, Berlin and Milan.



# 5 Secrets of Web Travel Sites

Booking a trip on an online travel site is convenient, but comes with its own set of problems

BY SHERI ALZEERAH

## 1. They know who's on a Mac and who's on a PC – and who's going to spend more.

Last year, US travel research company Orbitz tracked people's online activities to test out whether Mac users spend more on travel than PC users. Turns out that on average, Mac users lay out US\$20-30 more per night on hotels and go for more stars, according to the *Wall Street Journal*. As a result, online travel sites show these users more expensive travel options first. To avoid inadvertently paying more, sort results by price.

## 2. Their software doesn't always hook up to the hotel's system.

A guaranteed reservation is almost impossible to come by anywhere – but the risk of your flight or hotel being overbooked increases with third-party providers. The middleman's software isn't immune to system errors, so always call the hotel or airline to make sure your booking was processed.



## 3. Don't be fooled by packages: Often, they're low-end items grouped together.

Ever notice how travel sites recommend a hotel, a rental car, and tour package all in one click? These deals usually feature travel that no-one wants, like flights with multiple layovers. Check the fine print.

## 4. You could miss out on loyalty points.

Third party providers can get between you and frequent flyer miles or points. Many hotel loyalty programmes don't recognise external sites, others award only minimum points and exclude special offers, like double points on hotel stays.

**5. Once your trip is purchased, you're on your own.** An online travel agency can't provide assistance the same way an agent can if a flight is cancelled or a room is substandard. Basically, when you arrive at the airport or hotel, you're just another client who booked at the lowest rate.



# How to Manage Your Phone's Data Use

**Smartphones** give you access to a wealth of information and media, but most networks put a cap on the amount of data you can use each month. A typical phone contract includes a data allowance of between 500MB and 10GB per month; the more data, the higher the monthly cost. Your usage can mount up surprisingly quickly – watching a film on the phone is about 700MB in SD, an hour of streaming TV is around 500MB or 60-140MB for the same of radio, chatting on Skype for an hour is around 40MB. Try these tips to better manage your data usage:

- If possible, wait until you can connect to free Wi-Fi before using your phone's data features.
- When you are on the road, use

your car's GPS, not your phone, to find your way. The phone has to download map data as you move, but maps are preloaded in a GPS, making this free to use.

■ Be careful of how many “free” games you play on the move. Many of these are funded by ads that pop up on your screen. Every ad has to download through your network, using up your data allowance.

■ If you regularly need to use a lot of data on your phone, consider a data-compressing app, such as Onavo ([www.onavo.com](http://www.onavo.com)). It compresses data before it is fed to your phone, so you use less of your monthly allowance. You may have to subscribe to such compression services, so you'll need to weigh up whether it's worth the cost.



## TRAVEL SMART

Using your phone overseas can be costly. Before you go, see if your carrier offers prepaid or flat-rate roaming. At your destination, if your phone is unlocked, you can buy a local prepaid SIM to replace yours, or buy a cheap prepaid phone and use free Wi-Fi for internet.

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*The most wasted of all days  
is one without laughter*

E.E. CUMMINGS, poet



## We help you get motivated

#QuotableQuotes and  
#PointstoPonder to get you  
through the day



# Black Boxes Explained

Aircrash investigations rely on these critical devices

BY DANIEL ENGBER From the *New York Times*

**Flight data recorders** and cockpit voice recorders are colloquially known as “black boxes” although orange in colour. So why are these devices called “black”? One explanation goes like this: in 1939, aviation engineer François Hussenot devised a means of capturing an aircraft’s history to a box of photographic film. Onboard sensors flashed into the box through calibrated mirrors and traced a running tab of flight parameters, including altitude, air speed and the position of the cockpit controls. Because the device worked like a camera, its inside had to be in total darkness; thus, perhaps, the “blackness” of the box.

After the war, some flight recorder devices used photography; others scratched the data onto spools of metal foil. None recorded cockpit audio, however. Then in 1953,

Australian chemist David Warren was asked to help find the cause of recent jet-plane crashes. His answer lay in recapturing the last few seconds before a crash. Warren’s device stored audio to a bobbin of magnetised steel wire. He

maintains the name “black box” came from a UK government official, who referred to it using World-War-II-

era Air Force slang for subtle avionics.

By the mid-1960s, flight data and cockpit voice

recorders were mandatory for commercial airplanes.

Black boxes must be painted orange or bright yellow, needn’t look like boxes but cannot be too small for investigators to find among debris. (underwater locator beacons help). They have labels on their sides: “FLIGHT RECORDER – DO NOT OPEN” in both French and English.



*German investigator Jens Friedemann holds a flight data recorder*

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Will a lack of shut-eye make you fat?  
Do white-noise machines cause deafness?  
Are night owls wealthier than early birds?  
Wake up to the secrets of slumber

# 25 Things You Need to Know About Sleep Right Now

BY KATE ALLEN AND KATHERINE LAIDLAW

1

## Had a terrible sleep? Have someone lie to you

It's the wake-up mind trick. A paper published last year in the *Journal of Experimental Psychology* showed that when students were told they'd had a good night's sleep, even if they hadn't, they performed better on tests than those who were advised their slumber was truly subpar.

- 2 -

## Sleep machines won't damage your hearing – or your baby's

A controversial study from Toronto's Hospital for Sick Children released last year identified white-noise machines as a possible cause for hearing loss in infants. And while results showed potential for damage, the risk came from using the machine at loud volumes and for longer periods and in closer proximity than recommended. Nothing dialling down the volume and leaving a wide berth can't fix.



### WHY ANY SLEEP IS BETTER THAN NO SLEEP (NO MATTER HOW YOU FEEL WHEN YOU WAKE UP)

While the idea of pulling an all-nighter to ensure you make that 4am flight or ace that early-morning presentation might be tempting, take a nap instead.

A study of plane pilots by NASA reveals that catching any shut-eye at all, even as short as 26 minutes, will boost your cognitive function when you wake.

### The best naps are either short or long

**4** A “power nap” (10-20 minutes) can restore your alertness without accompanying feelings of “sleep inertia,” aka post-nap grogginess.

**5** A 90- to 120-minute nap also avoids sleep inertia and helps with mental processing. This allows a full cycle of sleep, during which the brain moves through slow-wave deep sleep and into REM-stage sleep, associated with dreaming.

## Evening countdown

- 6** Scientists say you should stop looking at TVs, computers, smartphones and tablets for at least two hours before you go to sleep. The blue light – light that is richer in short, or “blue”, wavelengths – emitted by most screens suppresses the secretion of melatonin, which will shift your circadian rhythm and keep you awake.
- 7** Turn down the heat. Most people's bedrooms are kept too warm for the body to sleep well, says Dr Atul Khullar, a psychiatrist and sleep expert. Keep your room as cool as possible without being uncomfortable – between 18.5 and 21°C.
- 8** Keep the tech out of the bedroom. Make it into a calm sanctuary dedicated to sleep. Swap your screens for a paper book or magazine before bed.
- 9** Buy an alarm clock. Although your smartphone's alarm will do the trick, chances are you'll scroll through email, read the news or check an app when you should be focused on dozing off. “Alarm clocks have been around for 150 years and cost \$9. Use one,” says Khullar.
- 10** Have a light snack. Avoid proteins or fatty foods one or two hours before bed (the burst of energy they provide will keep you up), and opt instead for a small serving of a complex carbohydrate like cereal.



11

## Sleep and obesity are locked in a vicious cycle

**22%:** Extra kilojoules consumed by men who slept for four hours versus eight hours in a 2010 study published in *The American Journal of Clinical Nutrition*. Neither the well-slept nor under-slept participants said they felt hungrier or enjoyed the foods more, yet the tired group consumed substantially more kilojoules during subsequent meals.

# 45 minutes:

The time each member of a group of 25 insomniacs spent listening to soothing music before bedtime every night. Their REM sleep significantly improved compared to 25 matched insomniacs who went without.

## 13. Scientists can see your dreams

Using MRI and an algorithm, doctors in Japan inferred what their test subjects were dreaming about from their brainwaves. "Dreaming has been thought to be a private experience, accessible only to the person experiencing the dream," says Yukiyasu Kamitani, of Kyoto's ATR Computational Neuroscience Laboratories. But his lab has taken a glimpse behind the veil by assembling a database of commonly dreamt images (cars, buildings, men, women, food and even furniture) and correlating them with three participants' brain activities, testing them more than 200 times each. With this data, Kamitani was able to guess what was dreamt 60% of the time. It seems there's no escape from our work and personal stresses: most dreams were about the office or the family.



-14-

## Without sleep your brain plays tricks

Last year, researchers at the University of Bonn in Germany discovered that people who hadn't slept for 24 hours experienced schizophrenia-like symptoms, including pronounced attention deficits, hallucinations and a skewed sense of time and smell.



## 15. Insomnia isn't about falling asleep

Or, at least, not only; indicators of insomnia also include waking up too early, not feeling rested in the morning, irritability, depression, headaches and gastrointestinal distress.

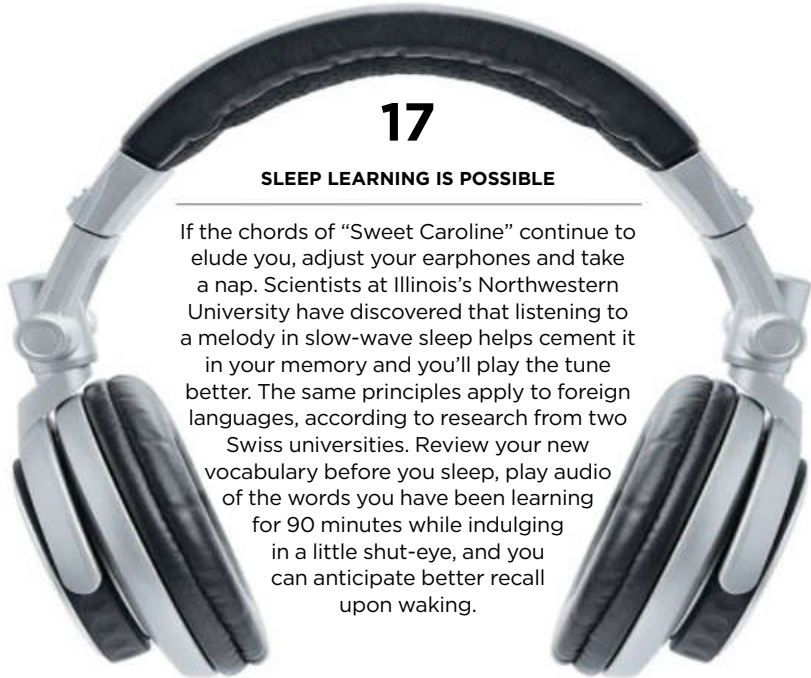
16

**30%** of adults are estimated to exhibit signs of insomnia, including waking up 30 minutes earlier than they'd planned, being up for longer than 30-minute stretches during the night or taking longer than half an hour to fall asleep.

17

## SLEEP LEARNING IS POSSIBLE

If the chords of "Sweet Caroline" continue to elude you, adjust your earphones and take a nap. Scientists at Illinois's Northwestern University have discovered that listening to a melody in slow-wave sleep helps cement it in your memory and you'll play the tune better. The same principles apply to foreign languages, according to research from two Swiss universities. Review your new vocabulary before you sleep, play audio of the words you have been learning for 90 minutes while indulging in a little shut-eye, and you can anticipate better recall upon waking.



## Men and women aren't created equal

**18** Men tend to have **worse-quality sleep** than women but are less likely to complain about it. Good sleep is linked with good health, so it's worth making a fuss to improve yours.

### **19** Insomnia

disproportionately affects women; complex hormonal cycles play a role. Doctors may prescribe sleeping pills as a short-term solution, but lifestyle changes, like getting more exercise (especially in the morning rather than at night), can make a big difference.



## **21. Is your tongue larger than average?**

Obese men with obstructive sleep apnoea were likelier to have larger tongues than those who slept normally, according to 2014 research. They also had more fat at the base of their tongues, leading researchers to hypothesise the appendage was blocking sufferers' airways.



**-20-**

## Nix the nightcap: alcohol doesn't help you sleep

Booze may ease the slide into slumber, but researchers have found it promotes wakefulness later in the night, not to mention restless leg syndrome, night sweats and trips to the bathroom.

**22**

## Want to promote sleep? Don't count sheep

Rather than audit a fictional herd of woolly mammals (something active), try picturing a restful scene (something passive). If you haven't fallen asleep within 15 to 20 minutes, move to another room, take up a quiet activity, such as reading, then try again.



PHOTOS: MASTERFILE





23

## Couples who sleep (really, really closely) together stay together

A British psychologist who recently asked 1000 people at the Edinburgh International Science Festival to describe their preferred sleep positions and the quality of their relationships found this correlation: the further apart couples slept, the lower they rated their relationships.

**94%** of couples who spent the night in contact were happy with their relationships, versus **86%** of couples who spent the night less than 2.5cm apart and **66%** who slept more than 75cm apart.

-24-

## Spooning: uncomfortable but popular

**31%** of couples from the same study slept facing the same direction. Spooning was beaten out only by the roomier back to back (**42%** of couples). Face to face was the position of choice for **4%** of partners.



25

## CAFFEINE KEEPS YOU AWAKE BY BEING A TALENTED MIMIC

Drowsiness occurs when a molecule in your body called adenosine binds to receptors in the brain, slowing down neural activity. Caffeine molecules look just like adenosine and can therefore bind to those same receptors, blocking off adenosine – and sleep. Instead, you get sped-up brain activity and a flood of adrenaline. **R**

The city of Melbourne assigned trees email addresses so citizens could report problems. Instead, people wrote thousands of love letters to their favourite trees

# When You Give a Tree an Email

BY ADRIENNE LEFRANCE  
FROM THE ATLANTIC

**"MY DEAREST ULMUS,"** the message began.

*"As I was leaving St Mary's College today I was struck, not by a branch, but by your radiant beauty. You must get these messages all the time. You're such an attractive tree."*

This is an excerpt of a letter someone wrote to a green leaf elm, one of thousands of messages in an ongoing correspondence between the people of Melbourne, Australia, and the city's trees.

Officials assigned the trees ID numbers and email addresses in 2013 as

part of a programme to make it easier for citizens to report problems like dangerous branches. The "unintended but positive consequence," according to the chair of Melbourne's Environment Portfolio, Councillor Arron Wood, was that people did more than just report issues. They also wrote directly to the trees, which have received thousands of messages – everything from questions about current events to love letters and existential dilemmas.

"The email interactions reveal the love Melburnians have for our trees," Wood said. City officials shared several



of the emails, removing the names of senders to respect their privacy.

To: Golden Elm, Tree ID 1037148

*I'm so sorry you're going to die soon. It makes me sad when trucks damage your low-hanging branches. Are you as tired of all this construction work as we are?*

To: Algerian Oak, Tree ID 1032705

*Dear Algerian Oak,  
Thank you for giving us oxygen.  
Thank you for being so pretty.  
I don't know where I'd be without you to extract my carbon dioxide. (I would probably be in heaven.) Stay strong, stand tall amongst the crowd.*

*You are the gift that keeps on giving.  
We were going to speak about wildlife but don't have enough time and have other priorities unfortunately.*

*Hopefully one day our environment will be our priority.*

Some messages have come from outside of Melbourne – including this message, written from the perspective of a tree in the US:

To: Oak, Tree ID 1070546

*How y'all?  
Just sayin how do.  
My name is Quercus alba. Y'all can call me Al. I'm about 350 years old and live on a small farm in N.E. Mississippi, USA. I'm about 80 feet tall, with a trunk girth of about 16 feet. I don't travel much (actually haven't moved*

*since I was an acorn!) I just stand around and provide a perch for local birds and squirrels.*

*Have a good day,  
Al*

Melbourne's email-a-tree service is one in a litany of municipal projects aimed at leveraging personal and institutional technologies to keep cities running smoothly. In Chicago, there's a text-based pothole tracker. In Honolulu, you can adopt a tsunami siren.

Such initiatives encourage civic engagement and perhaps help with city maintenance, and they also enable people's relationship with their city to play out at the micro level. Why have a favourite park when you can have a favourite park bench?

It's a dynamic that's playing out more broadly, too, in concert with a profound shift toward the ubiquity of interactive, cloud-connected technologies. Modern tools for communicating and networking aren't just for connecting to other humans, but end up establishing relationships between people and anthropomorphised non-human objects, too. The experience of chatting with a robot or emailing a tree may be delightful, but it's not really unusual.

The move toward the Internet of Things encourages the sense that our objects are not just things but acquaintances. This phenomenon isn't entirely new: the urge to talk back to



devices and appliances dates at least to the broadcast era. (As TV ownership became common, newspaper columnists marvelled at the new national pastime of shouting back at one's TV.) The surprising thing in the case of email-equipped trees, though, is that some of the people who have sent messages have received replies. Like this correspondence between a student and a green leaf elm:

To: Green Leaf Elm, Tree ID 1022165

*Dear Green Leaf Elm,*

*I hope you like living at St Mary's. Most of the time I like it, too. I have exams coming up and I should be busy studying. You do not have exams because you are a tree. I don't think that there is much more to talk about as we don't have a lot in common, you being a tree and such. But I'm glad we're in this together.*

*Cheers,*

*F*

*Hello F,*

*I do like living here.*

*I hope you do well in your exams. Research has shown that nature can influence the way people learn in a positive way, so I hope I inspire your learning.*

*Best wishes,*

*Green Leaf Elm, Tree ID 1022165*

There was also this exchange between a person curious about biology and a willow leaf peppermint:

To: Willow Leaf Peppermint, Tree ID 1357982

*Hello Mr Willow Leaf Peppermint, or should I say Mrs Willow Leaf Peppermint?*

*Do trees have genders?*

*I hope you've had some nice sun today.*

*Regards,*

*L*

*Hello L,*

*I am not a Mr or a Mrs, as I have what's called perfect flowers that include both genders in my flower structure, the term for this is monoecious. Some trees species have only male or female flowers on individual plants and therefore do have genders, the term for this is dioecious. Some other trees have male flowers and female flowers on the same tree. It is all very confusing and quite amazing how diverse and complex trees can be.*

*Kind regards,*

*Mr and Mrs Willow Leaf Peppermint (same tree)*

The trees I have loved don't have email addresses. But if they did, I might remark on the lovely crook of one question-mark-shaped branch, and the softness of maple leaves dappling four o'clock sunlight onto my desk.

*"Dear 1037148," wrote one admirer to a golden elm in May. "You deserve to be known by more than a number. I love you. Always and forever."* **R**

# Laughter

THE BEST MEDICINE



*"Serves you right. I told you not to wear those on the beach."*

## SPEAK UP

"What's wrong, Billy?" asked the priest.

"I need you to pray for my hearing," said Billy.

The priest put his hands on Billy's ears and prayed. When he was done, he asked, "So, how's your hearing?"

"I don't know," said Billy. "It isn't until next Tuesday."

SUBMITTED BY  
KENNETH ROBERTS



## COMPETITIVE EDGE

A husband and his wife are light-heartedly comparing notes. "I've a higher IQ than you," she says, "and I got better grades in my degree. And I even make more money than you!"

"Yes, but when you step back and look at the bigger picture, I'm still ahead," her husband replies.

"How did you work that out?" she asks, looking mystified.

"I married better," he replies.

SUBMITTED BY  
MICHAEL HARKIN

CARTOON: SUSAN KONAR



**I was doing some decorating, so I got out my step-ladder. I don't get on with my real ladder.**



COMEDIAN HARRY HILL

#### NO STUPID QUESTIONS

I walked up to a tourist information booth and asked them to tell me about a couple of people who were here last year.

COMEDIAN STEVEN WRIGHT

#### JOKITO ERGO SUM

My dad is a philosophy professor. It was kind of weird growing up with him for a dad. When my buddies and I got caught smoking, they got grounded – I had to stay in my room until I could prove I existed.

COMEDIAN JONNY HARRIS

#### POETICALLY SPEAKING

*A crafty young bard named McMahon,  
Whose poetry never would scan,  
Once said, with a pause,  
"It's probably because  
I'm always trying to cram as  
many extra syllables into the  
last line as I possibly can."*

Source: extremelysmart.com

#### SECRET IDENTITY CRISIS

I wonder if Superman ever put glasses on Lois Lane's dog and she was like, "I've never seen this dog before. Is this a new dog?"

@ROBFEE ON TWITTER

#### GIFTED

I'm really bad at buying gifts for people, especially family members. On my father's 40th birthday, I got him a CD from the band UB40, just to remind him that he be 40.

COMEDIAN NORM SOUSA

**My kitchen floor is sticky, and I had to do something about it. So finally I went out and bought some slippers.**



SARAH SILVERMAN

#### PREHISTORIC DISCOVERIES

The first person to see a sunset was probably like, "Well, this ain't good..."


@CAKETHROTTLE ON TWITTER

**What's the opposite of opposite? Consider yourself bamboozled!**

COMEDIAN RUSSELL HOWARD



*Father Mussie Zerai:  
nominated for the  
Nobel Peace Prize*



Migrants fleeing Africa for Europe have a friend in high places – an exiled Eritrean who has helped thousands of the desperate

# ‘Call the Vatican’

BY TIM BOUQUET

PHOTOGRAPHS BY ROBERT HUBER

## IN AN APARTMENT DEEP IN THE VATICAN A

mobile phone rings. Father Mussie Zerai takes the call. Immediately, he recognises the voice of a fellow Eritrean. “Papa Mussie?” He hears panic in the voice. Nineteen-year-old Yonas Debesay is on a wooden fishing boat that is close to sinking in the Mediterranean.

The stocky priest speeds through a series of questions that he has grown used to asking. “How many people on board?” There are 200, including pregnant women and children on a

vessel built to hold just 80. “What are the sea conditions like?” It is rough, says Yonas. The boat is sinking lower and lower. “Tell me your exact position. Give me the GPS reading on your satellite phone.”

Zerai’s phone number has been widely circulated. It is written on the walls of refugee camps across North Africa. It has been found scratched into the railings of refugee boats which last year landed 170,000 on the shores of Italy, mainly from Eritrea and Syria. By August this year, the number of migrants and asylum seekers who had arrived in Europe by sea so far in 2015 was approaching a quarter of a million.

And they keep coming. In one 24-hour period this May, more than 4200 migrants trying to reach Europe were rescued from boats in the Mediterranean.

The most chilling statistic of all is that since the turn of the century the Mediterranean has claimed the lives of more than 30,000 people fleeing conflict and tyranny. In the first eight months of this year, an estimated 2300 migrants drowned while trying to reach Europe.

Back in 2008, when Yonas made that desperate phone call, Mussie Zerai was determined that Yonas and his fellow

refugees would not be among them. He dialled the Rome headquarters of the Italian coastguard, a number he had called so often that he knew it by heart. Within an hour a coastguard vessel had reached the stricken refugees, who were heading for the tiny island of Lampedusa, south of Sicily.

Mussie Zerai has saved thousands of lives this way. He is also a familiar figure on Lampedusa and at

other points of entry to Europe, providing solace and practical help to asylum seekers. Many have seen their compatriots drown when rickety traffickers’ ships have sunk. In the midst of terror and confusion, his is a caring voice in a language they understand.

This pastoral humanitarian work has earned him a nomination for

the 2015 Nobel Peace prize.

One of Zerai’s most influential backers for the Peace Prize is Kristian Berg Harpviken, director of the Peace Research Institute Oslo (PRIO). “The migration across the Mediterranean is an escalating humanitarian disaster. A Nobel Peace Prize to reward the courage and moral integrity of a single person seems particularly timely this year,” he says.

Zerai seems to understand instinctively the plight of refugees, and that is

**Zerai  
understands  
the plight of  
refugees  
because he  
too was once  
a stranger in  
a foreign land**



*Yonas Debesay, now working in Lucerne, kisses Father Zerai's hand in gratitude*

because he too was once a penniless stranger in a foreign land.

**MUSSIE ZERAI WAS BORN IN** Asmara, the capital of Eritrea, in 1975, the fifth of eight siblings. He was born into a troubled country, which had been illegally annexed by Ethiopia, its Marxist neighbour. Zerai's early life was backdropped by the brutal 30-year war for independence, which the Eritreans eventually won in 1991.

He remembers well the walls of his house shaking with bomb blasts. "I was just five years old but I can still recall the terrifying noise of air-raids, tanks and bombs going off as

the family ran for shelter in an underground bunker." But everyday life went on and from an early age Mussie began learning Italian.

"Eritrea was once an Italian colony and many adults in my family had learned Italian, so when they wanted to discuss anything privately that's what they spoke." A trademark warm smile lights up Father Zerai's face. "I was always curious. I wanted to know what they were saying!"

His childhood was interrupted by two shattering events. His father Zeri-senay, a high-ranking civil engineer, was imprisoned by the Ethiopians, who were rounding up Eritrean officials. "He managed to bribe his way out of prison in 1979 and, like refugees today, he escaped on foot and

made his way to Sudan, then to Saudi Arabia and finally to Rome, where he had studied at university."

Then in 1982, when Mussie was seven, his mother Silas died, leaving his widowed grandmother Kudusan to bring him up with his three sisters and four brothers. "She was a very strong woman – passionate, a fighter. She attended Catholic Mass daily and introduced me to the power of religious faith," Mussie says.

Half of all Eritreans are Christian, mostly Orthodox. Only 5% of the population are Catholic. Robbed of his parents, "it was the church, the parish and the Franciscan friars, who took me shopping on Saturdays, who became my bigger family. I played football with my friends and did all the normal things, but I wanted to be in a larger community where I could contribute and help people."

At the age of 14 Mussie Zerai announced to his grandmother that one day he would become a priest.

With the encouragement of his local bishop, he travelled to Rome to further his ambition. He was 17. But getting a visa took him so long that, by the time Zerai reached Italy, in 1992, his father had moved to Nigeria. All alone, the young Zerai came under the wing of Father Peter Bones, a British priest who supported young homeless peo-



*A boat filled with migrants is rescued by the Italian navy in the Mediterranean*

ple, working from an office in the central railway station.

Bones helped him obtain a residence permit. In return, Zerai acted as an interpreter for new arrivals from Eritrea and Ethiopia. He found part-time work on a fruit stall in Rome's Piazza Vittorio market – "where I learned to speak Italian with my hands" – and then as a theatre receptionist.

He also did voluntary work in several parishes and counselled migrants and refugees from Eritrea and Ethiopia, helping them find accommodation, distributing food and explaining the peculiar intricacies of Italian bureaucracy they would have to negotiate to prove their refugee status.

Back in Eritrea, the country's once-revered freedom fighters were now in government, but they had become increasingly authoritarian, introducing



indefinite military service on pain of imprisonment and torture for those who refused. By 2011, risking death at the hands of shoot-to-kill border guards, 222,000 Eritreans – almost five per cent of the population – had fled the country.

The idea of joining the priesthood had never left Zerai, but he wanted to work among his people, not to be confined to the pulpit. An Italian priest recommended a Catholic order of priests and monks founded by Bishop Giovanni Battista Scalabrini in 1887 that was dedicated to the wellbeing of migrants. And so, as the new millennium began, Zerai found his calling as a Scalabrinian.

Then ten years later Mussie Zerai was ordained in the Church of Santo Stefano of the Abyssinians, the oldest surviving church in the Vatican, given to Catholic Eritreans and Ethiopians by Pope Sixtus IV in the 15th century.

It was a proud day, tinged with a little sadness. “My big regret is that my grandmother was not there. She had died in 2007, aged 99. She taught me so many things.” However, he was wearing her simple gold ring on his right hand, which she had given him when he had last seen her.

In return, he had given her his cell

phone number, telling her, “Give it to those who need my help.” Little did he know how much those digits would mean to so many people.

### IT IS EARLY MARCH 2015 AND

Father Zerai is putting on his resplendent cream and gold embroidered robes to celebrate Holy Mass in St Franziskus, a modern church in Kriens near Lucerne, Switzerland. Although based

in Rome – where he has created a charity called Agenzia Habeshia, which promotes the integration of immigrants in Italy – Zerai comes to Switzerland every single weekend, paying his own travel expenses, to hold services for some of the country’s 6500 Eritrean Catholics and to “act as a bridge between my people and the authorities”.

“Migrants have to be given a chance to contribute, or else they live a life on welfare”

He knows language is the barrier to getting work and gaining acceptance, so he lobbies the cantons (federal Switzerland’s member states) for courses and urges his parishioners to take them.

“Integration is key. They have to be given a chance to work and contribute to their new society, otherwise they live a passive life on welfare, which is a big expense for Swiss taxpayers.”

What Zerai finds unacceptable is that some Eritreans are being housed

underground in unused military bunkers. “I met them in Geneva and Lausanne, where they demonstrated. They were chanting, ‘We are not at war! We need oxygen!’ The authorities told me the bunkers are temporary accommodation. After many months, it does not feel like that to those living there.”

### **ZERAI IS CONDUCTING**

today’s mass in Ge’ez, the Semitic language of the Eritrean Catholic Church, which, like Latin, has fallen out of daily use. The congregation numbers 40, most in their late teens and early 20s, but they sing with the power of twice their number, responding to Zerai’s beautiful baritone voice during the course of a two-hour service that is punctuated with prayer and heavy wafts of incense. The singing carries the haunting strains of the Horn of Africa and a country they may never see again.

“It is important that you prepare yourselves to make a contribution to your new country,” Zerai tells them. He is a unifying force in this fledgling community but, he says, “Everybody has a responsibility for their own fate.”

He says Europe, too, has a responsibility for the fate of thousands of refugees from Syria, Iraq, Somalia and Afghanistan as well as his own country.

In early 2015 the Italian navy suspended Mare Nostrum, the search



*Father Zerai leads the Eritrean service at the church of St Franziskus near Lucerne*

and rescue operation that had saved the lives of more than 150,000 migrants and brought 330 people smugglers to justice. The naval mission had been criticised by some who believed it only encouraged greater numbers to risk their lives to get to Europe. It was replaced by a much smaller European Union (EU) operation, called Triton, which focuses on border security.

“The numbers are increasing,” Zerai says. “And now they are coming in cargo vessels, which the smugglers abandon, letting them drift towards land. It is not the pull of Europe that is bringing people in; it is conflict and terror in their home countries that is pushing them here. Why else would they risk kidnapping, rape and drowning on the way?”

After the service, Zerai relaxes with his congregation over cake and sweet

black tea. Some of his flock are very recent and still bewildered arrivals. They gather close, basking in his reassuring warmth.

One of his fondest handshakes is for Yonas Debesay. He is 25 now, married to a fellow Eritrean, and has permanent residence in Switzerland.

Yonas has brought his two-year-old daughter Katarina to meet Papa Mussie.

"It's difficult to get work here," Yonas says, "but I studied German and, since 2011, I have been working as a pizza chef in Lucerne. Yes, I'm lucky. And without Papa Mussie, thousands more would have drowned."

"A civilised country should welcome refugees in a humane way," Zerai says. "These people have come here looking

for freedom, justice and dignity." He has lobbied Italian ministers and the EU, "but I don't see any political will to provide a solution."

At least Pope Francis is listening, warning that the Mediterranean risks becoming a "vast migrant cemetery".

Where does Zerai find the strength

not to be enraged by the intransigence of politicians or despair as he sees more body bags hauled ashore?

He smiles engagingly. "Jesus's Parable of the Unjust Judge," he says. "A poor widow repeatedly goes to a judge who lacks all compassion to plead for justice against her adversary. Eventually she wears him down and he helps

her. It is all about the power of prayer and never giving up." **R**

**"It is not the pull of Europe that is bringing people in; it is conflict in their home countries"**

## IT REALLY SHOULD BE IN THE DICTIONARY...

*The Merriam-Webster dictionary invites readers to submit their suggestions for new words:*

**gubernation (n.):** a temporary break from romantic relationships with men. "After all the horrible experiences I've had recently with men, I think it's time to go into gubernation."

**destinasia (n.):** the condition of forgetting why one has gone somewhere. "My destinasia is kicking in again... I forgot what I was going to get upstairs."



THINK AGAIN

# False Facts

Debunking 36 of the world's most  
contagious myths and misconceptions

BY DAVID MCCANDLESS

FROM INFORMATIONISBEAUTIFUL.NET

BODY

FOOD

HISTORY

LAW

MIND

NATURE

RELIGION

SCIENCE



**Bubble Size** = Virulence of Idea (Google Hits)

DESIGN: PAULO ESTRIGA, TATJANA DUBOVINA, FABIO BERGAMASCHI; RESEARCH: JAMES KENNEDY, MIRIAM QUICK,  
ELLA HOLLOWOOD, PEARL DOUGHTY-WHITE; © INFORMATIONISBEAUTIFUL.NET

**Napoléon Was Short**

A tall tale. At 1.68m, he was slightly above average height for a Frenchman of the time.

**Don't Eat and Swim**

This doesn't increase the risk of cramps; alcohol is the biggest risk increaser.

**Salted Water Boils Quicker**

Adding a sprinkle of salt to fresh water makes no noticeable difference.

**Oil Stops Stuck Pasta**

It doesn't prevent sticking. But it can stop the water boiling over.

**Left and Right Brain**

There's no solid division between hemispheres; the left brain can learn "right-brain skills" and vice versa.

**Dropped Coins from a Tall Building Kill**

The terminal velocity of a penny is 48-80km/h. Not fast enough to kill - but it sure would sting.

**Three Wise Men**

Nowhere in the Bible does it specify that there were three.

**MSG = Headaches**

There's no scientific proof - just anecdotal evidence implicating monosodium glutamate.

**Dogs Sweat by Salivating**

No - they regulate temperature through panting. They actually sweat through their footpads.

**Great Wall of China**

It's not visible from space. No single human structure is visible from orbit, but you can see cities at night.

**Flush Rotation**

A flushed toilet doesn't drain the other way in the opposite hemisphere. The Coriolis effect doesn't apply to water in toilets.

**Einstein Failed Maths**

No. He failed an entrance exam for a school, two years early, but still excelled in maths.

**Humans and Dinosaurs**

Despite 41% of US adults thinking we coexisted, we actually missed each other by 64 million years.

**Black Holes Absorb**

**Everything** Not really “holes”, but rather hugely dense objects with massive gravitational pull.

**We Have Only 5 Senses**

Many scientists insist on 21, including balance, pain, movement, hunger, thirst, etc.

**Missing-Persons Reports**

You don't have to wait 24 hours to report someone as missing to the police if you have serious concerns about their safety.

**Different Tongue Parts**

There are not different sections of the tongue for each taste: bitter, sour, salty, sweet, and umami (savoury/meaty).

**Only 10% of the Brain is**

**Used** Metaphor that's been misunderstood; not all neurons are always firing, but inactive cells are still important.

**Bananas Grow on Trees**

Actually, they grow on massive herbs that just resemble trees.

**Milk Increases Mucus**

Nope; it doesn't. There's no need to avoid dairy if you have a cold.

**Bats Are Blind**

Not only can bats see, but they also use echolocation. That's why they're so awesome!

**7 Years to Digest Gum**

The chewy base of gum is indigestible and passes straight through. The remainder is absorbed.

**Vikings' Horns**

The helmets were created by a costume designer for a 19th-century Wagner opera.

**Alcohol Keeps You Warm**

It merely dilates warm blood vessels near the skin, creating the impression of warmth. It can actually drop core body temperature.





### Vaccines Cause Autism

Groundless fears based on fraudulent research that's been shown to have been manipulated.



### Don't Touch Baby Birds

Most birds have a limited sense of smell, so they won't abandon babies who "smell" of humans.



### Alcohol Kills Brain Cells

While rampant alcohol use can damage the brain, it's not due to cell death.



### Iron Maidens

These were never medieval torture devices, but 18th-century fakes were created for sensational circuses.



### Body Heat and the Head

Only in infants is most heat lost through the head (unless the head is the only uncovered part of the body).



### Wake Sleepwalkers?

They'll be really confused, but it's OK. They're more likely to hurt themselves if they're not awoken.



### Caffeine Dehydrates You

Not really. The diuretic effect of caffeine is offset by the amount of water in a caffeinated drink.



### Goldfish's 3-Second Memory

While not the smartest in the animal kingdom, goldfish do boast a better memory than most politicians.



### Shaving Thickens Hair

Regrown hair isn't thicker, coarser, or darker; it just appears so because it grows back with a blunt tip.



### The Vomitorium

Not a room Romans used for Bacchanalian binges, but the name for the entrance to a stadium.



### Sugar = Hyperactivity

Studies have disproved this. Poor or rowdy behaviours still occur in children with sugar-free diets.



### Bulls Hate Red

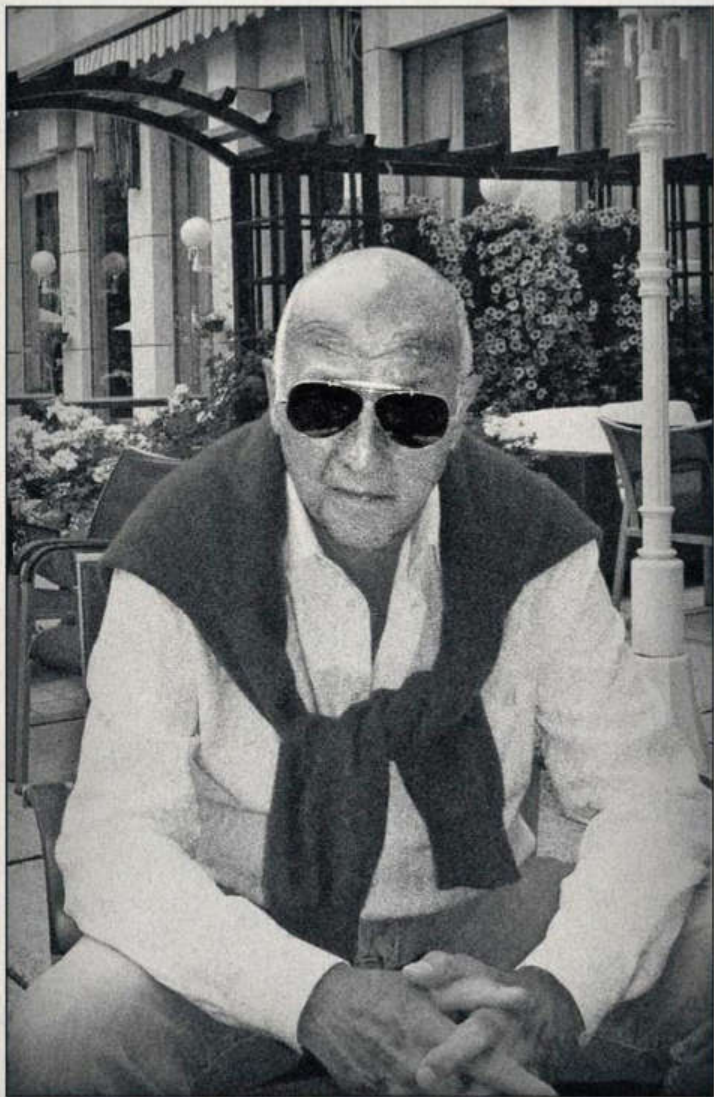
Bulls are colour-blind. They actually perceive the motions of the bullfighter's cloth as a threat.

How an ordinary guy convinced lovers and billionaires  
to part with their money and buy into his lies

# THE CON MAN

BY COURTNEY SHEA FROM *TORONTO LIFE*

**LOOKING BACK, IT DOES SEEM UNLIKELY** that a Swiss billionaire baron would be seeking love on the internet, but when Antoinette met Albert Rosenberg on eHarmony in February 2012, she figured she got lucky. Along with the European title, he was charming and, yes, mega-rich, overseeing a Canadian merchant bank called Marwa Holdings Inc. He was also heir to the Ovaltine fortune, a direct descendant of Albert Wander, who invented the popular Swiss malt drink back in 1904. This was how he supported his lavish lifestyle. Or so he said.



**ANTOINETTE WAS** in her 50s and living in Toronto, Canada, when she met Rosenberg (she requested that we not reveal her last name). Her new boyfriend lived in a penthouse apartment in the swanky Yorkville neighbourhood. On a getaway to Montreal they stayed at the Ritz-Carlton. There would be future trips, he promised, to his home in the south of France, and adventures on his yacht, which he said was moored in Monaco. After dating for just a few months they moved in together. Rosenberg convinced Antoinette to quit her job and sell her

Rosenberg's insistence, Antoinette had sold or given away most of her belongings. Her beau had a taste for luxury brands. Shopping was a daily pastime, and boutique owners fawned over him. Yorkvillers knew them and would smile and wave like humble villagers paying respects to their feudal lord.

While Antoinette and Rosenberg were dating, she lost touch with a lot of her old friends. Rosenberg gave Antoinette a mobile phone and used its GPS capability to track her movements. When she made calls from the house, he would stand in the background,

**The Rosenbergs' neighbours knew them and would smile and wave like humble villagers paying respects to their feudal lord**

home. He told her he would invest the profits from that sale in his company. Antoinette handed over \$155,000 – a lot of money for her. He drew up a contract and said he would make her a director of Marwa, which loaned large sums of money at high interest rates.

They got married in March 2013, scarcely a year after they'd met. Antoinette took Rosenberg's name. The ring was a family heirloom of such great value that Rosenberg instructed Antoinette to leave it in their safe whenever she went out. Everything in their shared home was his; on

listening. A few months into the marriage, Antoinette was looking at bank records when she noticed another name attached to the Marwa corporate documents: Mihaela Zavoiianu. This stranger appeared to have signing authority on the company bank account. Rosenberg told Antoinette that Zavoiianu was a former associate he was helping out. Around the same time, she brought her engagement ring in for resizing. The jeweller was impressed until he pulled out his magnifying glass and saw that it was costume

jewellery. When Antoinette confronted her husband, he explained how, in his grandmother's era, it was common to have an imitation ring made for travelling. The two must have been mixed up at some point. Like all of Rosenberg's lies, the story sounded just plausible enough, and Antoinette found it easier to believe him than to consider the alternative.

One evening, the Rosenbergs were out for a walk. She wanted to talk about their marital issues. Rosenberg reacted with anger, grabbing her arm in a way that was violent enough to leave bruises. Soon after, Antoinette was on Skype with her daughter. Rosenberg lingered in the background. To avoid detection, Antoinette carried on a mundane conversation while her daughter held up notes onscreen. She felt her mother wasn't safe and encouraged her to go to the police. On August 12, Antoinette met with detectives and told them about her husband's physical and emotional abuse. She also said she had suspicions about his finances.

**ALBERT ALLAN ROSENBERG** will often change the details of his history, but his standard version is this: he was born in Cairo while his father, Alvin, a Canadian international lawyer, was stationed there in the early 1940s. His mother, Marcelle, grew up in Switzerland, where she met Alvin. The family returned to Switzerland before Rosenberg was a year old, and he was raised in a town called Küsnacht.

By the mid-'60s, the Rosenberg family had relocated to Canada. Rosenberg claims he studied computer science at the University of Toronto and got an MBA from Harvard, but U of T didn't have an undergraduate computer science program until the '70s, and Harvard has no record of him ever attending. In the early '70s he returned to Switzerland, which is where he met and married an heir to the Ovaltine fortune. The couple had three daughters. While living in Zurich, Rosenberg says, he established a public trust with his wife's wealthy family. On other occasions he will say the trust is over 100 years old. Conflicting details come up often in Rosenberg's stories, which tend to mix some facts in with embellishments or blatant lies.

Rosenberg says he and his wife moved to Toronto in 1981 and opened a gallery. They accepted paintings on consignment but used the proceeds of sales to pay for car leases and racquet club memberships instead of dispatching payments to the original galleries. By 1984, Rosenberg had declared bankruptcy. In June of 1986, one of the swindled owners contacted the Royal Canadian Mounted Police. Shortly afterwards, both Rosenbergs were charged with fraud totalling over \$300,000. She fled to Europe with their children, while he was arrested and then released on \$2000 bail.

Awaiting trial, Rosenberg met a photography curator named Lorraine Monk. At the time, she was raising

money for charity. Rosenberg offered to help her by acquiring Picasso's *Buste de Femme* (1937). They would sell it for a sizeable profit – all he needed was \$100,000. A week after writing a cheque, Monk learned that Rosenberg was bankrupt. At his trial for fraud, Monk said she had been so distraught that she had felt like she wanted to die. The prosecutor described Rosenberg as a man who “played fast and loose with the truth,” taking note of his “shocking lack of conscience”. Rosenberg received a four-year sentence – his first of many prison terms.

tycoon (his latest persona). The couple dressed in flashy outfits: he favoured leather pants and a yellow scarf; she, jewels and fur. He told people that he was in the small French town because the area was ripe for a buying spree.

Canadian journalist Nicholas Steed happened to live in Aix-en-Provence when Rosenberg and Baldes came to town. Steed says they were so entertaining that he overlooked certain red flags. In a piece he wrote for the *National Post* (December 1999), Steed described Rosenberg as a “bit of a queer fish, but fun to be with, even

**The prosecutor described Rosenberg as a man who “played fast and loose with the truth,” taking note of his “shocking lack of conscience”**

When released on parole, he returned to his usual tricks. He was convicted and sentenced again, then parolled in 1994. Five months later, he was busted yet again on fraud charges and sentenced to two years. When he got out, he started a relationship with a woman named Birgitta Baldes, a bombshell with the purring accent and fashion sense of a Gabor sister. They flew to Switzerland together. There, they rented a blue Porsche Boxster and a deluxe edition VW Golf and relocated to Aix-en-Provence, France, where Rosenberg posed as a Swiss-American

magnetic, his often crude boasting tinged with a mischievous sense of humour.” He recalls visiting the couple at their rental property. Rosenberg was eager to show off his art collection, which included canvases by Francis Bacon and Mark Rothko. At one point Steed asked Rosenberg whether, given that he owned a Bacon, he might also own a Freud, referring to Lucian Freud. Rosenberg was confused. “What do you mean? Sigmund?” he asked, betraying ignorance that would be inexcusable in an undergrad art student, never mind a worldly collector. Like the pricey real



estate, art was a way for Rosenberg to establish credibility – a prop in his masquerade.

Later it would come out that he had purchased the paintings from the prestigious Marlborough Gallery in New York. He had written them a post-dated cheque for \$4.3 million, asking that they wait a few days before cashing it, as funds had to be transferred from Liechtenstein. The gallery had shipped the artwork immediately. Rosenberg then tried to sell the paintings to Christie's auction house. They weren't interested, perhaps because he didn't have proper ownership documents. Next he approached Sotheby's in New York, which did buy the works, giving Rosenberg a \$700,000 deposit. By this point he had moved. A private detective hired by the Marlborough Gallery tracked Rosenberg and Baldes to Florence, where, in October 1999, he was establishing his latest identity as a wealthy buyer of antiques.

The pair were arrested in Italy at the request of the French police. She was released, while he spent 55 days in jail, before being let out on a technicality (the French paperwork was late). They returned to France, where they were rearrested in 2000. Rosenberg was convicted of fraud, but he was soon back in Canada. Over the next decade, he landed in jail several more times. Each time he got out, he would infiltrate a new circle, earn trust, steal money and get busted again.

**IN 2011, ROSENBERG** self-published a book titled *Taking Stock In Your Future*. Some have speculated it's largely plagiarised; many sections appear to be lifted from *Outperforming The Market*, by business writer Larry MacDonald. Rosenberg would use his book to impress his marks. He could often be found dining on café patios with it placed conspicuously on his table, his Louis Vuitton phone case close by. The ability to feign financial expertise was essential to convincing investors to sign over hundreds of thousands of dollars. One such investor, who agreed to speak to me on the condition of anonymity, is a Toronto businessman in his mid-50s I'll call James. He met Rosenberg through a colleague. Introductions via a respectable, trustworthy third party are among the most established moves in the swindler's playbook. If Rosenberg met a successful businessman, he would ask to be introduced to his lawyer; if he met that lawyer, he'd ask for an introduction to his most successful client, and so on.

Rosenberg had a way of making the people in his orbit feel special, smart, important. "He had the bearing of a cultured individual; I never really questioned it," says James.

It wasn't until the third time they got together, in January 2013, that Rosenberg mentioned the possibility of an investment. It came up in a casual way, as if it had just occurred to him that he might be able to help this new friend

make a quick buck. Later that month, James wrote a cheque for \$300,000. He never told his business partners about the investment and spent months chasing Rosenberg for repayment.

**IN 2009, ROSENBERG** met a Toronto woman named Mihaela Zavoianu. In 2010, the relationship stalled when Rosenberg went to prison. Once he got out, the romance continued. Zavoianu moved into his penthouse and signed over \$80,000 – her life savings – to the man she planned to marry. But in the winter of 2012, Rosenberg told Zavoianu she would have to move out

counts of fraud, totalling \$1.2 million. He pleaded guilty to all charges. After his arrest, Antoinette didn't have enough money to rent even a modest apartment, so her family is providing a place for her to live. Rosenberg was sentenced to five years' imprisonment.

**I WENT TO VISIT** Rosenberg at the Beaver Creek Institution in Ontario in September 2014. After passing a security check, I immediately spotted him waiting behind a glass door. He wore aviator shades and was tall, dressed in prison-issue jeans and a long-sleeved blue work shirt. From a

**From a distance he looked menacing, like a Bond villain. Close up and without his sunglasses, his small, dark eyes were more desperate than steely**

for a while. His daughter, he explained, was depressed and coming to live with him. In fact, he had just met Antoinette.

After Antoinette went to the police, Rosenberg's stories started to unravel. She handed all their personal financial documents over to the authorities, who called in fraud officers to investigate. The police interviewed his victims, many of whom were educated, high-earning men. The cops charged Rosenberg with assault and eight

distance he looked menacing, like a Bond villain. Close up and without his sunglasses, his small, dark eyes were more desperate than steely. Unkempt tufts of grey hair grew out of his pointy ears. Rosenberg was soft-spoken and, at least on the surface, genteel.

Beaver Creek seems like a tolerable place to do time. Every day Rosenberg gets up at 5.30. It is, he explained, "force of habit after years as a successful businessman". In the morning, he tutors inmates who are working toward

FROM TORONTO LIFE (JANUARY 2015) © 2014 BY COURTNEY SHEA. TORONTOLIFE.COM

their high school diplomas. Afternoon time is discretionary. Rosenberg visits the library, where the book selection is, he said, “actually not that bad.” Inmates cook their own meals. Some of them do so in groups, but Rosenberg keeps to himself. To stay sharp, he reads up on the great minds. Recently he’d been studying Kierkegaard.

Much of his story about his past didn’t line up with information I had researched. Sometimes it didn’t even match up with itself. “What year were you born?” I asked at the beginning of our chat. “Nineteen forty-two,” he responded. “How old are you?” I asked about an hour later. He answered 69. Lies are Rosenberg’s default response, which makes it almost impossible to know anything about him with certainty. At the library, I had found a piece in the *Toronto Daily Star* about a young man named Albert Rosenberg who had won a prestigious student award. The accompanying image was fuzzy, but I recognised what looked to me to be those same pointy ears. The piece was printed in 1946, which would put Rosenberg well into his 80s. “Is this you?” I asked him, holding out the photocopied story. He said it was.

Many of Rosenberg’s victims say they knew something was off, but what are you going to do, ask a man how he can be 69, 72 and 80-plus at the same time? For every accusation, Rosenberg had an explanation. It was all a misunderstanding, he said. He had always intended to pay his investors back and still planned to make restitutions. There was much talk of the trust, which Rosenberg said was still in existence and worth millions. The police say they have found no evidence of it, that it’s as real as the summer home in the south of France or that Monaco yacht.

Rosenberg will be up for parole in a few years. He said he planned to rebuild his life and he won’t be making any attempts to defraud anyone. “It has to stop. I keep winding up here,” he said.

During my last visit, Rosenberg asked if I had received the Kierkegaard text he’d sent me. I had, though what he called an excerpt was more of a Wikipedia-style overview. All the same, it was telling, considering the history of the person who had sent it to me. Truth, Kierkegaard argued, is subjective. **R**



## QUICK BRAIN GAME

What common English word can be made by taking the first letter in the spelling of each odd number from 1 to 11 and unscrambling them?

SOLUTION: SOFTEN - (ONE) + (THREE) + (FIVE) + (SEVEN) + (NINE) + (ELEVEN) = OTFSE



Sharks evolved  
400m years  
ago



Dinosaurs  
evolved 240m  
years ago



*Homo sapiens*  
evolved  
190,000 years ago

**SHARK COUNT:** The more than 500 species range from the 20cm dwarf lantern shark to the 12-18m whale shark. A quarter of shark species are now in danger of extinction.

BY HAZEL FLYNN

# Sharks

**THE BASICS:** Sharks live in every ocean in the world, and some species can also survive in freshwater rivers and lakes. No-one knows the size of the world shark population for certain, but best estimates put it at around 1.5 billion. In addition to our five senses they have electro-reception, allowing them to detect the small electrical fields generated when muscles move: the bigger the movement (eg, the flopping of a wounded creature), the stronger the signal.

**“We’re in their domain and it’s like going into a lion’s cage. If you jump in the cage then one day your number’s gonna come up.”**

**MICK FANNING**, Australian surfer  
after escaping a shark attack



**7%**

Percentage of shark population killed by humans annually, on average.

**0.00000008%**

Percentage of human population killed by sharks annually, on average.

**2 BILLION**

Tweets about comedy-horror telemovie *Sharknado 3: Oh Hell No!* on its July 2015 premiere.



## HOW DANGEROUS ARE THEY?

From 2005 to 2014, sharks made 701 recorded attacks on humans. Of these, 59 or 8% were fatal, with most occurring in the US (409 attacks, 6 fatal) but Australia recording the most fatalities (123 attacks, 15 fatal).

Their ability to detect smells in water is a tad overhyped, but it's still impressive. New research shows they can't detect a drop of blood diluted in the equivalent of an Olympic-sized swimming pool – but they could in a backyard-sized pool. And their nostrils operate separately so they can precisely pinpoint the direction of a smell's origin.

Humans kill perhaps 100 million sharks a year, with fished species including porbeagle, angel shark, spiny dogfish and gummy shark.

The real number might be much higher because of shark finning. Tens of millions are taken purely for their fins – often cut off the still-living animal, which is then dumped back in the sea to drown or be eaten alive by predators it can no longer evade.

**“Mosquitoes kill 50,000 times as many people [as sharks], but if there’s a TV channel that features Mosquito Week, I haven’t heard about it.”**

**BILL GATES**, philanthropist entrepreneur

## WHY ARE THE FINS TAKEN?

Shark-fin soup has been a high-status delicacy in China for a millennium. A growing Asian middle-class greatly increased demand, but in recent years conservation campaigning, trade bans in various countries, and the flow-on effects from a 2012 Chinese government austerity ban on serving the soup at official functions significantly reduced that demand. There's still a way to go, however.



**HOW CAN I REDUCE MY RISKS?** Don't swim, dive or surf alone; don't swim in murky water; don't assume the presence of dolphins or porpoises means sharks are absent; don't wear shiny jewellery – light reflecting off it can resemble fish scales; avoid the water at dusk, dawn and night, when sharks are more active and hard to spot; and avoid schooling fish or where people are fishing.



Amusing anecdotes from the classroom

# Funny Teacher Stories



“True terror is to wake up one morning and discover that your high school class is running the country.”

A lot of teachers can relate to Kurt Vonnegut's quote. From kindergarten to final year, they've seen it all. Here members of this heroic profession share their stories about the hilarious, sweet, droll, and occasionally clueless things their students do or say.

## Rock Me, Amadeus

Performing Mozart should have been the highlight of my middle school chorus class. But after a few uninspired attempts, an exasperated student raised her hand and said, “Mrs Willis, we want to sing music from our generation, not yours.”

WENDY WILLIS

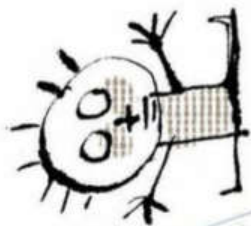
## Lost in Translation

To my German-language students, I'm “Frau Draper”. One girl gave me a badge she'd made with my name on it. Unfortunately, it wasn't big enough to include my entire name, which meant that she presented me with a badge that read FRAUD.

CATHLEEN DRAPER

ILLUSTRATIONS BY SERGE BLOCH





## Why Waste Paper?

I recently asked a student where his homework was. He replied, "It's still in my pencil."

LARRY TIMMONS

## Money Laundering

"Don't do that," I said when one of my first graders playfully draped a bank note his eyes. "Money is full of germs."

"It is?" he asked.

"Yes, it's very dirty."

He thought about it a moment. "Is that why they call people who have a lot of it 'filthy rich'?"

ELIZABETH WEBBER

## Me, Myself and Him

Jimmy had trouble figuring out when to use *I* instead of *me*. Then one day, while creating a sentence in front of the first-grade class, Jimmy haltingly said, "I ... I ... I shut the door." Realising that he was right, he jumped up and down and shouted, "Me did it!"

SUSAN WILLIAMS

## Hey, You!

My sixth-grade class would not leave me alone for a second. It was a constant stream of "Ms Osborn?" "Ms Osborn?" "Ms Osborn?"

Fed up, I said firmly, "Do you think we could go for just five minutes without anyone saying 'Ms Osborn'?"

The classroom got quiet. Then, from the back, a soft voice said, "Um ... Cyndi?"

CYNDI OSBORN

## Driven Crazy

During the driver's education class that my friend taught, a student approached a right turn.

"Use your turn signal," my friend reminded her.

"No-one's coming," said the student.

"It doesn't matter. It might help those behind you."

Chastened, the student turned around to the students in the back seat and said, "I'm turning right up ahead."

JOSEPH WAGNER

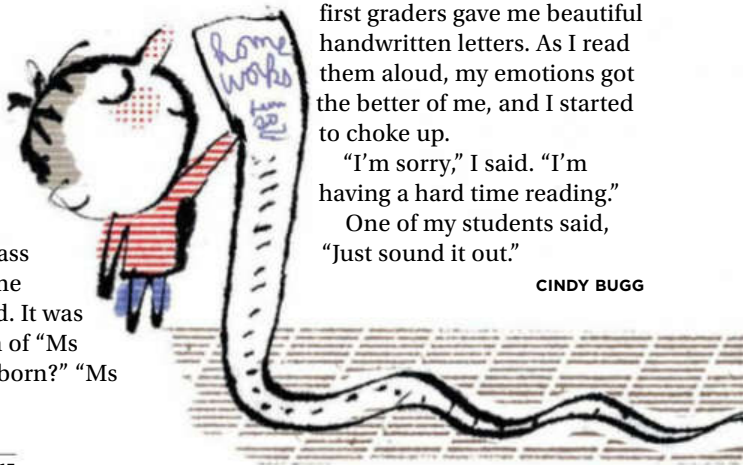
## Thanks for the Help

On the last day of the year, my first graders gave me beautiful handwritten letters. As I read them aloud, my emotions got the better of me, and I started to choke up.

"I'm sorry," I said. "I'm having a hard time reading."

One of my students said, "Just sound it out."

CINDY BUGG



## Problem Solvers

The kids were painting a project for social studies and got some paint on the floor. Fearing someone might slip, I asked a student to take care of it.

A few minutes later, a piece of paper appeared on the floor with the words *Caution – Wet Paint*.

CHRISTY KNOPP

## Let's Ask the Professor

During snack time, a kindergarten pupil asked why some raisins were yellow while others were black. I didn't know the answer, so I asked my friend, a first-grade teacher, if she knew.

"Yellow raisins are made from green grapes, and black raisins are made from red grapes," she explained.

One little boy suggested, "Maybe that's why she teaches first grade, because she's just a little bit smarter than you."

ERICA COLES

## Buggin' Out

"In Franz Kafka's *The Metamorphosis*," I said to my English class, "a man, discontented with his life, wakes up to find he has been transformed into a large, disgusting insect."

A student thrust her hand into the air and asked, "So is this fiction or nonfiction?"

DIANE STURGEON

## HERE'S TO THE PARENTS

The fish tank in my classroom was brimming with guppies. So I told the kids they could have some as long as they brought in a note from home. That's how I received the following: "Dear Mrs Swanson, Would you please give Johnny as many guppies as you can spear, as we are going to bread them?"

SHERYL SWANSON

During a parent-teacher conference, a mother insisted I shouldn't have taken points off her daughter's English paper for calling her subject Henry 8 instead of Henry VIII.

"We have only regular numbers on our keyboard," she explained. "No Roman numerals."

LISA RICH

A note from a student's mother: "Please excuse Chris from reading, because he doesn't like it."

ROY HARTLEY

When her child's towel was stolen during a school swimming trip, an irate parent demanded of my mother, "What kind of juvenile delinquents are in class with my child?!"

"I'm sure it was taken accidentally," my mother said. "What does it look like?"

"It's white," said the parent. "And it says *Holiday Inn* on it."

HEATHER LAUBY





### THESE STUDENTS HAVE ALL THE (RIGHT) ANSWERS

**Scene:** History class.

**Question:** Name a famous explorer.

**Answer:** Dora. **JAMES PARKS**

**Scene:** Science class.

**Question:** Why would we not see meteors if Earth had no atmosphere?

**Answer:** Because we'd all be dead. **HUBERT SNYDER**

**Scene:** Second-grade class.

**Question:** How can we show respect to others?

**Answer:** If you have a piece of meat, you shouldn't give it to anyone else if you've already licked it. **JANAYE JONES**

**Scene:** Social studies class.

**Question:** What does *right to privacy* mean?

**Answer:** It's the right to be alone in the bathroom. **DEBORAH BERG**

### Artist's Rendition

I assigned my third-grade class the task of drawing one of Christopher Columbus's three ships. I had no sooner sat down when a boy came up with his paper, which had a lone dot in the middle.

"What's that?" I asked.

He replied, "That's Columbus, way out to sea."

**DALE BARRETT**

### Why, Thank You

As I welcomed my first-grade students into the classroom, one little girl noticed my polka-dot blouse and paid me the ultimate first-grade compliment: "Oh, you look so beautiful – just like a clown."

**PRISCILLA SAWICKI**

### Senior Moment

Halfway through the semester, I discovered that a student was retaking my course, even though he'd gotten an A- the first time through. When I asked him why, he had no recollection of having taken the class before.

"But you know," he said, after mulling it over, "I thought some of this seemed familiar. I just couldn't remember where I'd heard it before."

**LAWANNA LANCASTER**

### Sticks and Stones

"I got called the g word," sobbed a third-grade girl.

"OK. Let's calm down," I said, kneeling beside her. "Now, exactly

what were you called?"

Between sobs she blurted, "G ... g ... jerk!"

STEVE WRIGHT

## Everybody's a Critic

A student in my English class gave a big thumbs down to the autobiography he'd read. His reason: "The author talks about only himself."

RUTH HUNTER

## It Doesn't Add Up

When one girl had finished the English portion of the examination, she removed her glasses and started the maths questions.

"Why aren't you wearing your glasses?" she was asked.

She responded, "My glasses are for reading, not mathematics."

KATHY OLSON



## Fluent in English

Our assistant principal called in one of my underperforming "Introduction to Spanish" pupils to ask why he was having trouble with the subject.

"I don't know. I just don't understand Ms Behr," the boy said. "It's like she's speaking another language."

MARCIA BEHR

## Figure of Speech

After a colleague had finished his English lecture and his class had filed out, a student stayed behind to confront him.

"I don't appreciate being singled out," he told his teacher.

The teacher was confused. "What do you mean?"

"I don't know what the 'oxy' part means, but I know what a 'moron' is, and you looked straight at me when you said it."

JANNIE SMITH **R**

## Send Us Your Own Tales From the Classroom

We'd love to hear your own real-life classroom stories, whether from the perspective of a teacher, pupil or parent. What was the funniest thing one of your teachers at school or college ever did or said? Did you ever play a trick on a teacher or did another pupil say something entertaining? If you're a teacher, do you have some comical stories about your students to share? For address and email details, see page 6.





*Camilla is an active charity supporter, including this bus ride for young readers*



# Camilla

More than a decade after Prince Charles married Camilla Parker Bowles, the public's view of her has softened. What does the future hold?

**BY SIMON HEMELRYK**

**A**S ROYAL ENGAGEMENTS GO, it was never going to create the wildest celebrations. When royal correspondent Robert Jobson broke the news in February 2005 that Prince Charles and Camilla Parker Bowles were to marry, some people were quietly pleased, some were ambivalent and many others were distinctly uncomfortable.

What right did the woman behind the divorce of Charles and Diana have to replace her much-loved predecessor? How could a middle-aged former mistress, divorcée and smoker ever make a suitable Queen?

But Charles and the love of his life were married on April 9, 2005, and ten years on their relationship appears as strong as ever. So how has Camilla fared in her decade since becoming Charles's wife? Were the doubters correct, or has the Duchess of Cornwall started to change minds?

**Royal experts certainly** agree that Camilla has had an incredibly positive effect on Charles – both in his royal work and personally.

"If you read his old interviews, he had long said that what he wanted from a marriage was a companion and a supporter," says Andrew Morton, author of the 1992 blockbuster *Diana: Her True Story*. "Since they've been married, Camilla has been his cheerleader-in-chief, playing the royal

wife in a very dutiful way, like Queen Alexandra with Edward VII or the Queen Mother with George VI.

"He's got lots of ideas – ideas that often change – so he's criticised a lot and he's prone to doubt," says Morton. "When that happens, it's nice to have someone like Camilla at the end of the day who's great at saying 'There, there.'"

Charles can be charming, though royal watchers say that he's also cantankerous, occasionally brusque with his aides and over-serious.

But, says Penny Junor, author of *Prince Harry: Brother, Soldier, Son*, he and Camilla have a shared sense of humour, and because she's always giggled more easily than him – free from a lifetime

of being told to be neutral in public – she's made him more relaxed, demonstrative and easy-going.

On foreign tours particularly Camilla has been the perfect first lady. "Theirs is no ordinary marriage, where he goes off to work in an office and comes home at the end of the day,"

“ ”

**CAMILLA HAS  
ALWAYS  
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CHARLES.  
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RELAXED AND  
EASY-GOING**

*The royal couple on their wedding day in April 2005*



says Robert Jobson, author of *The New Royal Family*. “They have to work together. Diana was very much out there on her own, and that didn’t do them any favours. But Camilla complements him well.”

Camilla’s lightness of touch is often key. “I was with them on a visit to Christchurch, New Zealand, in November 2012, after the place had been hit by an earthquake,” says Jobson. “There was a dance school performing in the street and Camilla went straight over and joined in. Charles, who would have walked past had he been alone, danced too. Camilla suddenly made the tour upbeat and got it on page one and three of all the papers, which would never have happened had it all been about the destruction.”

On tour in Australia that same

month, Camilla’s natural chemistry with Charles also garnered headlines from a mundane visit to Government House in Adelaide. Presented with wriggly koalas to hold, the pair joked about the possibility of being urinated on – a long way from the stiff upper lip of the past. In Mexico last November, meanwhile, they allowed themselves to be photobombed by a white-faced dancer, winning over the locals in a way that sitting rigidly on a stage applauding politely would never have done.

**Part of the reason Camilla** makes Charles so happy, say royal watchers, is that she doesn’t want to live in his pocket. “They have their own interests,” says Jobson. “She’s a busy country lady, who loves to walk, ride ... and watch *Strictly Come Dancing*.” Camilla still



*Camilla shows her steps during a trip to New Zealand in 2012*

has her own house, Ray Mill in Wiltshire, and also spends time apart from Charles there, often entertaining her five grandchildren.

When Camilla met Prince William for the first time, she was so nervous she had to have a G&T to steady her nerves. Her initial relationships with other royals, including the Queen, were cagey too. But, says Penny Junor, Camilla has established a great rapport with the rest of the Windsors in recent years. "William and Harry's father could be quite tricky at times.

But because Camilla has relaxed him, he's softened with them too. Where there have been sticking points, she's been the mediator between them, able to tease him out of some impasse, where before the boys would have got frustrated and cross."

"Camilla has her vices – she smokes, she's made mistakes and her own kids haven't been cherubs," says Morton. "So when Harry's got into trouble, say, she's been able to say to Charles, 'Well, there but for the grace of God...'"

Camilla has also been supportive of Catherine, the Duchess of Cambridge. She's reportedly bought her jewellery, advised her on her royal role, and paid for a spa day prior to her 2011 wedding to help her relax.

"I think that has endeared Camilla to the Queen," says Morton. "She's shown herself to be down-to-earth, reliable and the right stuff for royalty. Let's face it, despite her past, it's been other members of the family who've become involved in scandal in the last ten years – look at Prince Andrew."

The Queen has duly recognised her with several honours, including the title Dame Grand Cross, the highest female rank in the Royal Victorian Order, which recognises distinguished personal service to the monarch.

"I thought it was extraordinary when Camilla, the Queen and Kate all went to Fortnum & Mason together during the Jubilee celebrations," says Junor. "It was the first time I'd seen three women from the family all go on an outing like

that. There was a naturalness, real friendship and fun there – they got given dog biscuits! Having been apparently the cause of so much disunity, Camilla has very cleverly brought the royal family back together.”

Camilla seems to have done this without unsettling her old family much either. Her son Tom has become a successful writer, her daughter Laura is an art curator, and both they and Camilla's ex-husband Andrew Parker Bowles have remained loyal to Camilla, not criticising her in public.

**But what do the public think?** “She doesn't have the glamour of Diana – nor Catherine – so the crowds at her royal engagements are smaller,” says Morton. “She's not out there making trenchant speeches, and she was terrified of the limelight. But she's overcome that and is winning people over, because everyone she meets says she's a lot funnier, relaxed and warmer than they expected.”

A keen wit and not taking herself too seriously seems to help. She charmed a Battersea primary school in January 2013 when she deadpanned, “That's always a good ending,” after one five-year-old had ended a story with a triumphant “No,” said Frog. ‘I STINK!’ That March, she gave a high-five to a student at the BRIT music school in Croydon, and the following October she joked with workers at the poppy factory in

Richmond, south-west London, that they “must be dreaming poppies”, such were the huge numbers of the little Remembrance buttonholes they were churning out.

She was also a hit with the veterans at last June's D-Day 70th anniversary commemorations in Bayeux, northern France. She allowed several to steal a peck on her cheek, one even managing a cheeky pat on her bottom.

“The younger royals can't connect with older people like that in the same way,” points out Robert Jobson.

She's used her profile to raise awareness of the National Osteoporosis Society, a condition that affected her mother and grandmother, among other causes.

“In her five years as our patron, our funding has almost doubled,” says Jonathan Douglas, director of the National Literacy Trust. As well as holding receptions for potential donors at Clarence House, Camilla has also been willing to take part in publicity stunts, such as riding a number 15 bus round London with a group of children and authors to celebrate the 15th birthday of the Young Readers Programme.

“She came to a reading session at a Wiltshire library in 2010,” continues Douglas. “A lot of the parents and kids were nervous, but she put them at their ease and insisted on reading a Hairy Maclary book, as it was her favourite to read to her grandchildren. She's not just a figurehead. Her dad



*The Queen, Camilla and Catherine visit Fortnum & Mason during Jubilee celebrations*

surrounded her with books, she's passionate about reading and wants to pass that joy on to other families."

Camilla also invites a large group of terminally ill children from a hospice in Oxford to Clarence House each Christmas for a party and to help decorate the tree. "It was her idea, she's delightful with the children and it's wonderful for the families," says Junor. "A particularly nice gesture."

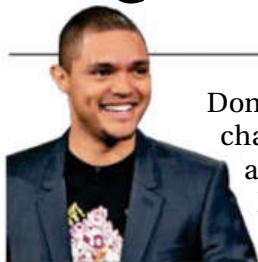
**But arguably Camilla's biggest coup** is that she's won over a once-hostile press. Spin doctors played their part in the early days, but, says Jobson, it's mostly down to her. "On the trips, unlike Prince Charles, she'll always come back on the plane and talk to us. She's fun, takes an interest in us and realises that we all have to work together."

"Camilla was about the most hated woman in the world," says Junor. "But she's ploughed on and come through the other side. For a countrywoman who'd barely worked until her 50s, then suddenly got one of the most difficult jobs in diplomacy, taking over from a global icon, that's quite extraordinary."

"Ten years ago, there were swathes of people who'd never forgiven her for the divorce, but that's all turned round now," agrees Dickie Arbiter, former Buckingham Palace press secretary and author of *On Duty With the Queen*. "On the day she comes to the throne, there won't be any antipathy. Diana died almost 18 years ago and life moves on. If you ask youngsters in the street about her, they'll say, 'Princess Who?' She's not been airbrushed out of our history, but she's a part of our history." **R**



# Quotable Quotes



Don't think of it as charity; think of it as investing in the human race.

TREVOR NOAH, *comedian*

**WOMEN ARE THE LARGEST UNTAPPED RESERVOIR OF TALENT IN THE WORLD.**

HILLARY CLINTON

**BE THE PERSON YOU NEEDED WHEN YOU WERE YOUNGER.**

AYESHA A. SIDDIQI,  
*editor, the New Inquiry*

The two hardest things to say in life are hello for the first time and goodbye for the last.

ANONYMOUS

*Those who don't know how to weep with their whole heart don't know how to laugh either.*

GOLDA MEIR



There is a crack in everything; that is how the light gets in.

LEONARD COHEN

**TIMES HAVE NOT BECOME MORE VIOLENT. THEY HAVE JUST BECOME MORE TELEVISIED.**

MARILYN MANSON

In the depths, culture is almost the same everywhere in the world. It's all about human existence, life. Accumulated over a long time, it turns into culture. So as long as you tell a human story well, basically they should understand it everywhere.

TAIWANESE DIRECTOR HOU HSIAO-HSIEN

On a dark night, a teen's car headlights  
signalled hope for an abused woman

# He Was Driven To Help

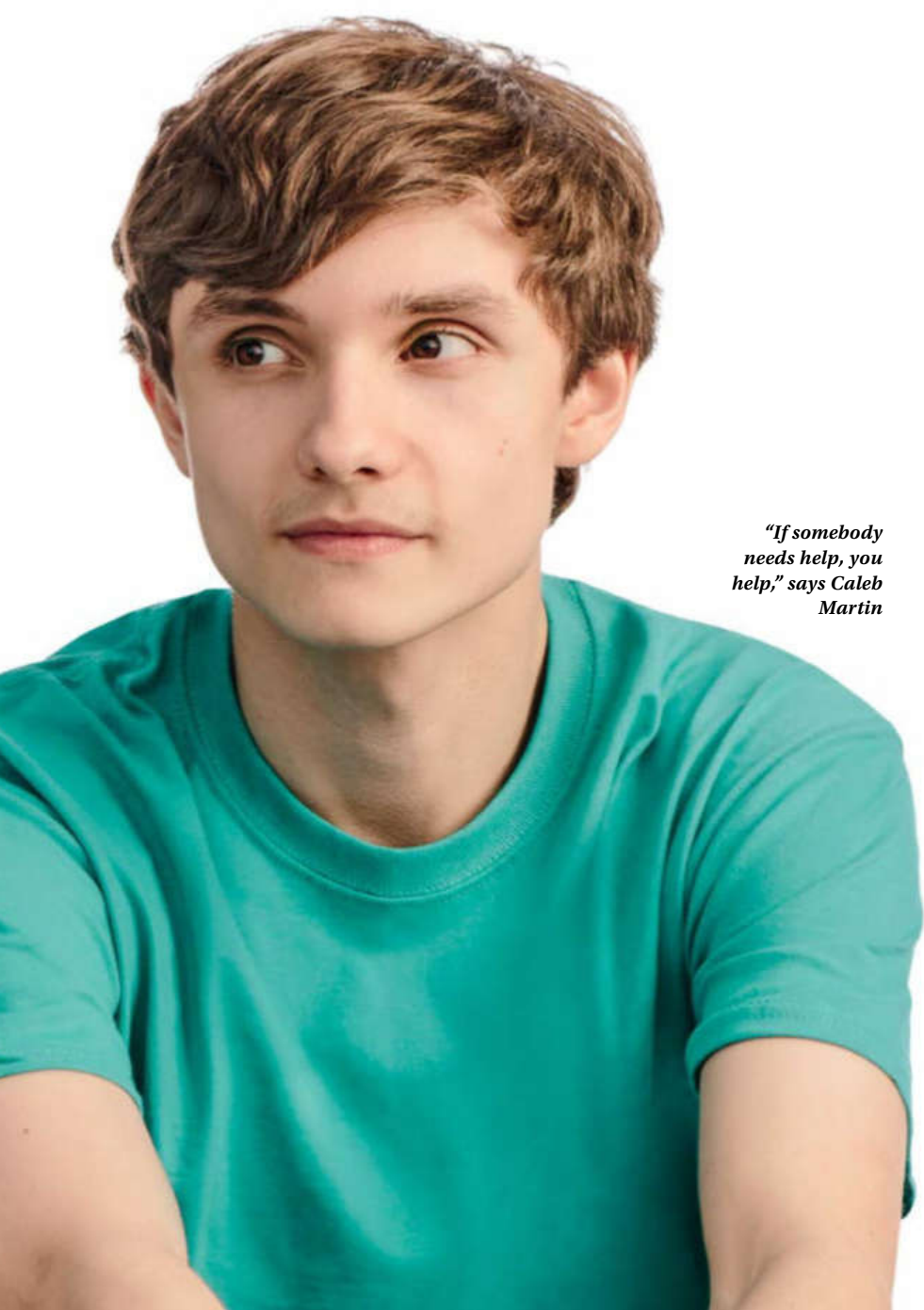
BY MELODY WARNICK

CALEB MARTIN'S shift as a fast-food cook ended at 8.30pm on New Year's Day this year, and the 18-year-old American hopped into his car for the quick drive home through the wooded back roads of Pegram, Tennessee.

Shortly after the high school student

turned left onto Old Sams Creek Road, an SUV coming towards him made a U-turn, pulling into Caleb's lane about 5m in front of him.

Just then, a woman came out of nowhere and staggered towards



*"If somebody  
needs help, you  
help," says Caleb  
Martin*

the SUV in the middle of the road. “I figured the driver would go around her or stop to help,” Caleb says.

Instead, the SUV driver slowed down and swerved towards the woman, forced her back to the shoulder, and pinned her against the guardrail. Caleb jammed on the brakes, honked, and lowered his window, yelling for the other driver to stop. The man stuck his head out his window to glare at Caleb, then backed up and sped away.

Caleb pulled to the side of the road and ran to the sobbing woman, Jenna Newman, 28, who was bleeding from her chest and left arm. Jacob speed-dialled the emergency service and helped Jenna to his car. She explained that her boyfriend, Kenneth Clinton, 67, had shot her at close range but that she had managed to open the car door and jump out.

Caleb, concerned that his 1992 Buick might break down before they made it to the hospital, 16km away, directed the emergency dispatcher to send an ambulance to his nearby house, where he lived with his grandparents.

“Am I going to die?” Jenna wailed as they raced down the road.

“No,” he said. “I won’t let you die.”

Once they reached the house, Caleb’s grandmother Patricia King helped Jenna to a chair in the living

room and pressed clean cloths onto her wounds.

When Cheatham County Sheriff’s Office deputy Gary Ola arrived, he took statements from Caleb and Jenna before an ambulance transported her to Vanderbilt University Medical Center, about 32km away in Nashville.

Caleb rode with the cops back to the crime scene and showed them where Jenna had been pinned to the guardrail. Over the police radio, they heard a dispatch that Kenneth

Clinton had taken his own life at a nearby park.

Caleb believes his own past as a physically abused child at the hands of his mother’s boyfriends galvanised him to rush to Jenna’s aid.

“I couldn’t just leave her,” he says. “If somebody needs help, you help.”

In the weeks that followed, the Tennessee House of Representatives passed a resolution “to honour and commend Caleb for heroism,” and Safe Haven Cheatham County, a home for domestic violence survivors, invited him to cut the ribbon at its grand opening.

In February, Caleb received a letter from Jenna, thanking him for saving her. “She called me her angel,” he says.

“  
**The SUV driver  
swerved towards  
the woman,  
forced her back to  
the road shoulder,  
and pinned her  
against the  
guardrail**

# Photos From the Ashes

BY ALYSSA JUNG

ON DECEMBER 26, 2014, a fierce fire engulfed the home of Terry Harris, 60. Terry's grandsons Kenyon, 14, Broderick, 11, and Braylon, nine, were spending Christmas night with her. She and the three children died in the fire and subsequent collapse of the house in Washington Court House, Ohio.

Sick with grief, Terry's son Ricky Harris and his wife, Traci, the boys' parents, welcomed friends into their home, just down the street from where Ricky's mother's house had once stood. One of them was Michael J. Emmons Jr, who'd driven eight hours from Delaware, to comfort Ricky, an old high school buddy.

"When I heard the news, I felt deeply for him," Michael says.

On the garage floor of the Harrises' house, a relative had laid out more than 200 charred and waterlogged photographs, including shots of the boys wearing their basketball and wrestling uniforms or posing for class pictures, salvaged from the fire. Michael, a doctoral student in preservation studies at the University of



*Restoring photos of the three boys was a "labour of love," says Professor Debra Norris*

Delaware, saw in the sad scene an opportunity to help. He called Debra Norris, chair of the university's art conservation department, for advice on how to save the photos.

"I thought she would recommend a restoration service," says Michael. Instead, she asked him to post the photos to her right away.

Every day for two weeks, Debra, along with ten photo-preservation graduate students and dozens of other faculty and local conservators, meticulously cleaned soot and debris off the images with tiny brushes and foam cosmetic sponges. An alcohol solution removed tougher grime.

Three months later, Debra and Michael delivered a box of restored photos to the bereaved parents.

"I would love to see my mom's face, knowing that all these people cared," Ricky says.

**R**

# Life's Like That

SEEING THE FUNNY SIDE

## From the Archives



*Wind the clock back half a century to November 1965 and we discover that RD played a vital role in a most unexpected area: birth control. When my wife returned from the hospital with our third child, I went to turn on the air-conditioner in our bedroom, but found a note taped over the “on” button. It was an item from The Reader’s Digest pointing out that, according to a survey, airconditioned homes produced 2½ times as many babies as homes without it.*

*We are now content to be cooled by the ocean breeze.*

SUBMITTED BY RALPH W. STACY

### PEEK-A-BE-RIGHT-BACK

My husband took my three-year-old daughter, Abigail, shopping. When they returned, I asked her, “Where did you go?” She paused to think and then said: “I’m right here.”

SUBMITTED BY JANET QUINN



### PITCH IMPERFECT

*After an impromptu song, our pastor asked the church pianist, “What key did I sing that in?”*

*The pianist replied, “Most of them.”*

SUBMITTED BY JUDY SCHEFFEL

PHOTOS: GETTY IMAGES





## CROSS PURPOSES

My fiancé and I went to a counsellor to work on our communication issues. Asking us to describe her body language, the counsellor crossed her legs and arms and exhaled loudly. I was about to say that she was showing signs of frustration, when my fiancé beat me to it, yelling, “I’ve got it. You’re constipated!”

TRACY VANCE

## ROLE MODEL

The biggest change after having kids was putting a swear jar in the house. Whenever I say a bad word, I have to put a dollar in the jar, and at the end of every month, I take all that money and buy myself a nice steak for being such a cool dad. **COMEDIAN MARK CHALIFOUX**

## DIETRIBE

I just heard a woman tell her son he couldn’t eat dessert unless he finished his burger and fries. Not sure if she’s the world’s worst or best mum.

@SCHINDIZZLE ON TWITTER

## The Great Tweet-off: Modern life edition

**Writer for *Family Guy*, Damien Fahey (@DamienFahey) has been tweeting since 2009 – mostly about the pitfalls of modern technology. Here are a few faves:**

“For every action there is an unequal and opposite overreaction.” – Newton’s law of the Internet

Billion dollar idea: an app that sends you a text when the light turns green.

Relationships are now just one person telling the other person to get off their phone.

I’ll complain about the government invading my privacy after I tell you where I am on Facebook and post what I’m eating on Instagram.

The first 20 minutes of conversation at your parents’ house is just killing time until it’s socially acceptable to ask for the Wi-Fi password.

**I scrolled past  
“Malala Wins Nobel  
Peace Prize” to  
click on “Horse  
Walks Into Police  
Station”.**

**I’m Damien  
Fahey and  
I’m part  
of the  
problem.**



# When Siblings Stop Speaking

Brother and sister estrangement is a surprisingly common, and unspoken, phenomenon. Why ties break down and how real families can be reconciled

BY SARA ECKEL FROM *PSYCHOLOGY TODAY*

**HOPE RISING** used to dread holiday dinners with her family. Her older sister made each meal miserable, with snide comments about nearly everything Rising said or did. After one particularly insult-laden meal, Rising's father asked her sister to apologise or leave. She left, husband and kids in tow.

That was when Rising decided the relationship was over. It took 14 years and a fatal cancer diagnosis for the sisters to speak again.

## Blood Enemies

In many families, there comes a time when a decision is made that someone

is *done*. Sometimes childhood dynamics can metastasise into toxic resentment. Sometimes an awareness dawns that you have never liked the person passing the mashed potatoes and you see no reason to keep trekking half way across the country to see her. Sometimes an ageing parent's needs – or the prospect of an inheritance – fire the burner under simmering dysfunction.

The number of people who are completely estranged from a sibling is relatively small – probably less than 5%, says Karl Pillemer, a Cornell University professor. Yet only 26% of 18- to 65-year-olds in an Oakland University survey reported having a



highly supportive sibling relationship; 19% had an apathetic relationship, and 16% had a hostile one.

When University of Pittsburgh psychologist Daniel Shaw, who studies sibling relationships in children, discussed his research on radio shows, he was surprised to get many calls from adults eager to talk about the pain of their relationships with their sisters and brothers. "Something happened, and they never forgave each other, so now they were calling in ... to talk about how they had decided to forgive or how they hadn't spoken for 20 or 30 years."

Some people cover up their estrangement because it's embarrassing or

tricky to explain. Cynthia Donnelly,\* a personal trainer, used to lie. "I'd say, 'Oh, my brother's great, blah blah blah.'" In reality, their relationship ended three years ago, after she checked her phone in an airport and found this message from him: "Hey, if you haven't left yet, I hope your plane crashes."

Although the total break with her brother has been a relief in some ways, Donnelly grieves their relationship: "It's shameful to tell people who ask, 'Why can't you get along? What's the big deal?'"

As kids, brothers and sisters fight.

---

*\*Names have been changed.*

They get angry for stealing toys or crossing invisible boundaries in the back seat of the car. “The ability to fight with your sibling and resolve those conflicts can be an important developmental achievement,” says University of Illinois psychologist Laurie Kramer. Siblings who never learn to manage these conflicts are most at risk for adult estrangement, says Katherine Conger, director of the Family Research Group at the University of California, Davis: “You have no incentive to remain in contact. You just want to stay away.”

There are two personality types who appear prone to being estranged by siblings: those who are extremely hostile and those whom Jeanne Safer, a New York psychotherapist, calls grievance collectors. “These are the ones who say, ‘You never thanked me for the flowers I gave you in 1982.’ That wears very thin on people.”

Sheryl Booth\* has encountered both traits. The youngest of six, Booth was the late-in-life child who unseated her sister as the baby of the family. Since then, Booth feels her sister has resented every positive event in her life – vacations, singing and acting performances, even her decision to take Buddhist vows.

The sight of birthday greetings on Booth’s Facebook page sent her sister into a rage. “She put up a rant on my wall asking why people are calling me a friend,” Booth says, “because if only they knew the truth about me and what a horrible person I am to her, they wouldn’t like me.” Booth unfriended her sister.

**“**  
*Even siblings  
in contentious  
relationships  
still feel  
pulled towards  
one another*  
**”**

## **Mum Did Have a Favourite**

To some extent, evolution is to blame. Siblings are hardwired to engage in rivalry because they compete with one another for one of life’s most critical resources –

parental care. “Two hundred years ago, half of all children did not make it out of childhood,” says Frank Sulloway, a professor of psychology at the University of California. “The intensity of sibling competition makes much more sense when you realise that very small differences in parental favouritism could determine whether a child is taken to a doctor or not.”

Two-thirds to three-quarters of mothers have a favourite child, according to Pillemer’s research. When favouritism is obvious or is interpreted as such, siblings are more likely to become estranged.

But many adults shrug off perceived less-favoured-child status; others let it

FIRST APPEARED IN *PSYCHOLOGY TODAY* (MARCH 9, 2015). © 2015 BY SARA ECKEL, PSYCHOLOGYTODAY.COM.

fester. The difference is how the siblings feel about their adult lives, says psychologist Joshua Coleman, co-chair of the Council on Contemporary Families. Those with good careers and fulfilling lives are less likely to fixate on the past and even enjoy overcoming their “underdog” reputation.

## To Break Up – or Make Up?

Completely cutting off a sibling, regardless of how much it may be deserved, has serious ramifications, Safer says. Aside from cases involving hazards to your physical or mental wellbeing, those who initiate estrangement often feel deep regret later. “We have our parents for 30 to 50 years, but we have siblings for 50 to 80 years,” she says. “This is the only person who remembers your childhood, and you have nothing to say to them? It’s tragic.”

All the people interviewed for this story say they would reconcile – if their siblings apologised and were willing to start fresh. Hope Rising experienced that, though it took a tragedy. Last year, after her sister was found to have terminal cancer, Rising flew to visit her: “When I walked into my parents’ house, she

was actually happy to see me.” Her sister apologised for having treated her so poorly. The sisters talk about once a week now. “I’m glad she had a change of heart,” Rising says, “but I’m sorry for the circumstances because she has less than a year to live, and all those years were wasted.”

Christine Parizo cut off her brother after he said he couldn’t get off work to fly from California to Massachusetts for her daughter’s baptism, only to discover he went to Las Vegas instead. But two years later, Parizo agreed to meet him. He explained that her daughter’s baptism had been during the final stages of his divorce.

“I had no idea what he had been going through,” she says. After that, Parizo’s brother started texting and connecting via Facebook. More important, she says, was reclaiming their history. “It’s nice to share memories with someone who has the same perspective.”

This is one reason, Kramer notes, that even siblings in contentious relationships still feel pulled to one another. “Another person knows how your mother gets when she’s packing for a trip or when the car breaks down,” she says. “That shared set of experiences and shared understanding is very powerful.” **R**



RD chief subeditor **Donyale Harrison** makes  
a combobulated argument in favour of  
couth, crepant and ept

# The Nay Sayers

*It had been a rough day, so when I walked into the party I was very chaland, despite my efforts to appear gruntled and consolate.*

Jack Winter, "How I Met My Wife", *The New Yorker*, July 25, 1994

**"NO-ONE'S EVER GRUNTLED,"** my editor-in-chief mused the other day. "Why not?"

Part of me wanted to tell her it was because there had been no good biscuits in the kitchen all week, but I have a strong streak of inner pedant

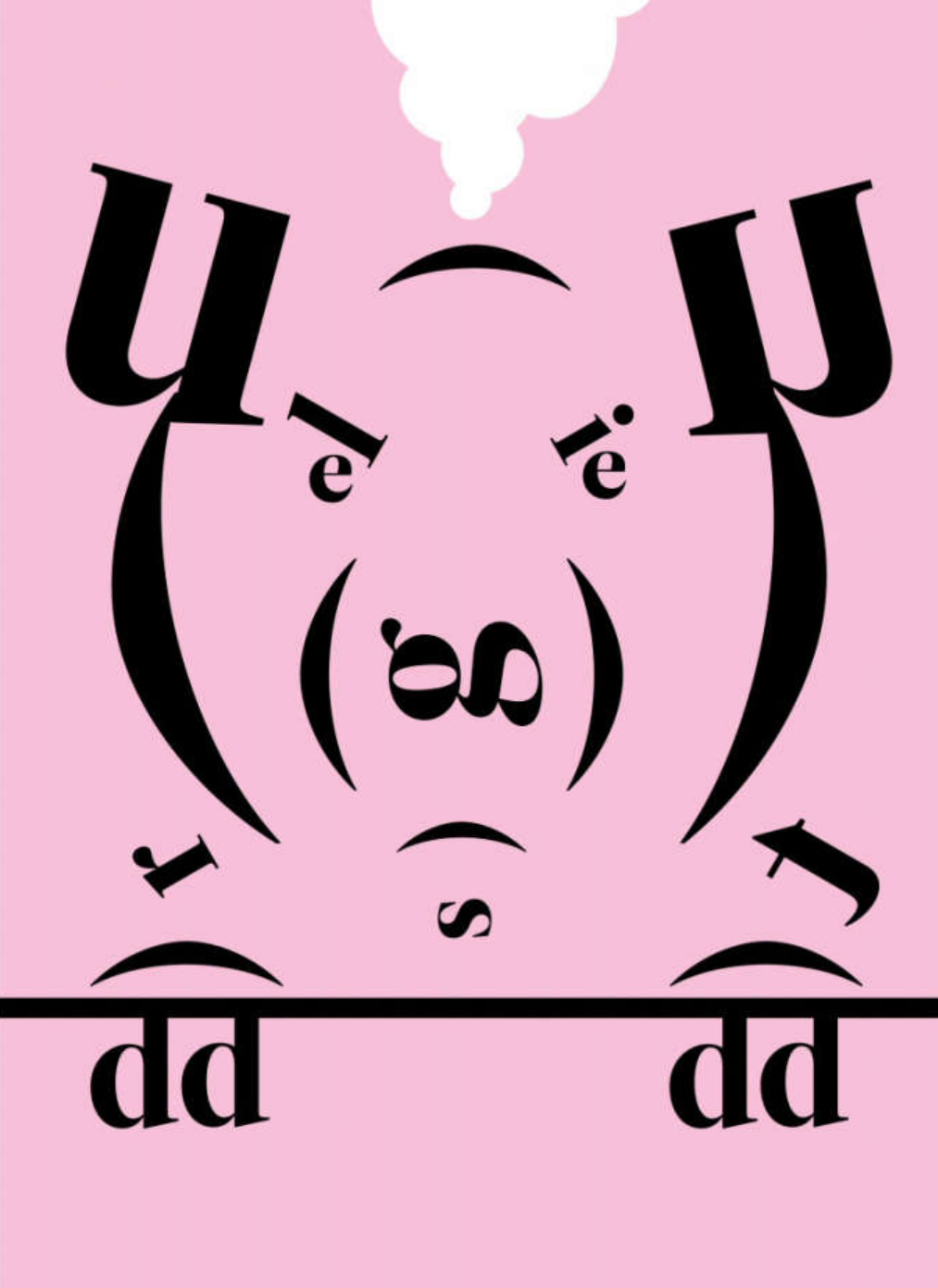
that prattled, "Oh, it's an unpaired negative. You see it occasionally, but I think disgruntled existed first ..."

And indeed, a minute on the internet showed us that disgruntled came from the mid-1700s (dis = lots of + gruntle = little grunts) and gruntled was only invented for comic effect in 1930.

It's one of a great many unpaired words that litter the language, usually in the negative form. (They're also known as absent antonyms, since they lack opposite forms in common use.)

"There's your homework," she said.





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“Living Language on why we have no delibles, kempts and crepts. Off you go.” (Alas, still no biscuits.)

## Left Behind

It wasn't the hardest mission she's ever given me. There are only two main types of these words scattered through the language.

The first group are words that are simply remnants. Once they had thriving positive forms, like *kempt*, which meant combed, and was all the rage in the 11th century.

*Unkempt* – like *unruly*, *unwieldy* and *hapless* – is an orphaned word that used to live in a pair but now just hangs around being negative like an unhappy divorcee. Around the time of Chaucer you might congratulate someone on their good *hap*, or luck, or on their *ruly* (well behaved) child, who was so *wieldy* (capable). But in recent centuries, we've moved over to words like lucky, good and coordinated for the positive meanings, leaving the negative of the pairs high and dry.

Some hold on in the grim crevasses of the crossword compiler's mind, or trotted out by nonagenarian aunts. *Defatigable* makes the occasional poetic appearance from the weary wordsmith (though fatigable is a more “official” word), and *effable* is sometimes seen in the more pretentious corners of literary criticism. But for the most part, they remain only in the darker corners of dictionaries, quietly mouldering away.

## Born This Way

The remaining unpaired negatives came into English alone. Some were negatives in their native tongue, others only sound as though they are.

Inept began life in the mid-16th century pinched straight from the Latin *ineptus* (unsuitable). Nonchalant arrived a century later, from the French verb *nonchaloir* (be indifferent to). Both are newcomers compared to uncouth, which came from the Old English *uncūth*, meaning “not able to”. Others in this pattern include indelible (from French, derived from Latin, “not able to be deleted”) and discordant (from Old French “not of one heart”).

All of these had a negative sense in their original languages, so it is logical to assume they might want a positive partner. But for *inchoate* (just begun) the “in” functions as an intensifier, not a negative, just as *inflammable*, for example, means very flammable, not flame-proof.

As mentioned at the start, disgruntled follows the same pattern, with the *dis* meaning lots. *Dis* was once more commonly used as an intensifier for already negative words. But of course, *dis* is also used as a negative, as in *dismay* (imported from Old French), and to mean apart, as in *disparate* (from the Latin *disparatus* – separated).

Discombobulate, on the other hand, came into the language wholly formed in the 19th century, probably as a comedic version of discompose.

It's no wonder, really, that people who learn English later in life use many rude words to describe our alleged "rules".

## Out And In

All this change is still happening in English today. I'd hazard a guess that we meet ten disingenuoses per ingenuous in contemporary usage, especially in newspapers. And while dotage is thrown about with cheerful abandon, nonage seems to have gone out with George Bernard Shaw.

But it works both ways. Unpaired words that sound like they might fit into the first lost pair category, but were really born that way often give birth to their "positives" with what lexicographers describe as a "back-formation". *Ept* was introduced by E.B. White in 1938 and has been used, usually to comedic effect, ever since. And *delible* is frequently an informal recommendation when it comes to children's marker pens and paints.

*Uncouth* gave birth to *couth* in the late 19th century. An earlier couth

existed in Old English, meaning known, which had an "un" form meaning unknown. But uncouth as "crude and clumsy" had no positive form until its unsung champion dismissed the *un* and gave us another term for neat and polished.

Despite often being done for comedic effect, this sort of word creation can fill gaps in the language. And most of the terms are easily understood, even when used for the first time.

Alas, not all unpaired negatives can have positives created for them. Disgust, dismay and dismember all come up against the problem that their dis-less parts already lead very successful lives of their own with disparate meanings. The same goes for bashful and ruthless, and the less said about feckless, the better.

In a perfect world, I'd be able to sign off by telling you that my filed story left my editor-in-chief grunted. But since she's far too genteel a person to sit in her office emitting little grunts, I'll just say she was thoroughly plussed by the whole endeavour. **R**



## INFAMOUS FIRST WORDS

*The Bulwer-Lytton Fiction Contest awards the worst opening lines to imaginary novels. Here's the 2014 winner for purple prose:*

He was a stolid man, prone to excessive and extended bursts of emotionlessness; but when Maurice loved, he loved with the passion of a dog itching its face against the grain of a firm pile carpet. **STEPHEN SANFORD, SEATTLE, WASHINGTON, US**

# Incredible Crime Scene Professions



BY JENNIFER M. WOOD FROM *MENTAL FLOSS*

## 1 Forensic Botanist

In 1932, Bruno Hauptmann propped a homemade ladder against Charles Lindbergh's house, climbed up to one of the bedroom windows, and snatched the aviator's 20-month-old son. When Hauptmann was brought to court, forensic botany helped convict him. Arthur Koehler, a wood technologist, discovered that one of the ladder rails had formerly been part of a floor. He later matched the tree rings on that ladder with a missing floorboard in Hauptmann's attic. Since then, botanists have used pollen (which clings to clothes and hair) to link suspects to crime scenes, soil and plant samples to determine

when unmarked graves were dug, and algae blooms to identify where drowning victims died. So avoid committing crimes in front of your ficus. It's a snitch.

## 2 Forensic Linguist

From pronunciations and misspellings to overused words, the language patterns you demonstrate while communicating are as distinct as the sound of your voice. That makes them an important piece of evidence in a criminal investigation. Though forensic linguistics emerged in the late 1960s, it didn't become popular in the US until the mid-1990s, when FBI linguist James Fitzgerald was hunting



for the Unabomber, who had killed three people and injured two dozen by mailing homemade bombs. Fitzgerald believed publishing the bomber's "manifesto" would help catch the criminal and it worked.

Several people, including his brother and sister-in-law, recognised the writing style and called in. Soon Ted Kaczynski was in handcuffs.

### **3 Forensic Accountant**

Some investigators carry guns, while others wield calculators. After all, when the FBI was founded in 1908, 12 of its 34 original investigators were bank examiners. Today about 15% of the FBI's special agents are accountants, and thousands are scattered across government agencies and police departments across the US. Why so many number crunchers? Because most crimes revolve around one motive: money. Forensic accountants work on various cases, including money laundering, securities fraud, insurance claims, and embezzlement. They commonly search for cash in hidden accounts, once memorably exposing that O.J. Simpson – who'd claimed he was too poor to handle a civil suit in 1997 – actually possessed millions. Accountants even helped throw mobster Al Capone in the slammer. His crime? Tax evasion.

## 4 Forensic Astronomer

The celestial bodies (mostly the moon and sun) have had their day in court for decades. When Abraham Lincoln was a lawyer, he successfully defended a client against murder charges by establishing the position of the moon on the night of the crime (disproving the testimony of the prosecution's key witness). But most forensic astronomers work for museums, not lawyers. Some, like Donald Olson of Texas State University, help art historians determine when paintings of nature scenes were made. Comparing details in the artwork with historical weather and star data, Olson has pinned years onto works from artists as diverse as Monet and Ansel Adams. His sleuthing even confirmed the legend that Mary Shelley was inspired to write *Frankenstein* by a moonbeam. (It was a bright gibbous, in case you were wondering.)

## 5 Forensic Optometrist

Diagnosing astigmatism and glaucoma is all in a day's work for an optometrist. Catching a murderer? Not so much. But when criminals forget their spectacles at the crime scene, your average eye doctor has the chance to be a hero. That's what Graham Strong did for two decades. Now retired, Strong began working as a forensic optometrist in 1989 after investigators found glasses under the body of a murder victim. When detectives found a suspect wearing similar shades in an old mug shot, they asked Strong to confirm that they were a match. "I obtained more than 20 measurements that enabled me to conclude that the glasses found at the scene were identical to those in photographs," he says, and the evidence resulted in a first-degree murder conviction. Even the smallest shard of a broken lens can reveal someone's prescription – and identity. **R**

MENTAL FLOSS (NOVEMBER 2014), © 2014 BY FELIX DENNIS, MENTALFLOSS.COM.



## LOCH NESS MONSTER STILL OUT THERE

The world's most dedicated Loch Ness monster hunter has denied that he has given up looking for the legendary Scottish plesiosaur-like beast after a quarter of a century of searching. Newspaper reports that Steve Feltham, who gave up his job, house and girlfriend 24 years ago to look for the creature full-time, had abandoned his long quest, caused ripples among monster-lovers across the world. But Feltham – who now believes “Nessie” may be a giant catfish – says he is not quitting until he finds it. **REUTERS**



Musings from the  
original Earth mother

# Jane Goodall

**I**f I were a bird that needs feathers to fly higher, my mother would be my strongest feather. She was extremely supportive. When I was one and a half, I took a whole handful of earthworms to bed with me. My mother said very quietly, "Jane, they will die if they leave the earth." And so, together, we put them back into the garden. Source: Interview with April Xiaoyi Xu

**O**ne of my best days was when I ... offered [chimp David Greybeard] fruit on my outstretched hand, and he turned his head away. I put my hand closer – and he took the fruit, dropped it, and gently squeezed my hand, which is a chimp reassurance gesture ... We communicated perfectly in a language that predates words. Source: *New Scientist*





***“Some people say ... that violence and war are inevitable. I say rubbish: our brains are fully capable of controlling instinctive behaviour. We’re not very good at it, though, are we?”***

Source: *Sierra* magazine

**I** love dogs, not chimps. Some chimps are nice, and some are horrid. I don’t actually think of them as animals any more than I think of us as animals, although both of us are.

Source: *The Globe and Mail* (Toronto)

**T**rees are living beings. And they have their own personalities ... There are the young, eager saplings, all striving with each other ... If you put your cheek against one of those, you almost sense the sap rising and the energy.

Source: NPR

**T**he first time I saw adult chimpanzees in these five-by-five-foot cages ... tears began to trickle down under my mask, and [JoJo, a chimp,] just reached out this gentle finger and wiped them away ... And then the veterinarian came. He knelt down beside me and put his arm around me. He said, “I have to face this every day.”

Source: [achievement.org](http://achievement.org)

**W**hen I look back over my life it’s almost as if there was a plan laid out for me – from the little girl who was so passionate about animals

who longed to go to Africa and whose family couldn’t afford to put her through college. Everyone laughed at my dreams. I was supposed to be a secretary in Bournemouth.

Source: *The Guardian*

**I** like to envision the whole world as a jigsaw puzzle ... If you look at the whole picture, it is overwhelming and terrifying, but if you work on your little part of the jigsaw and know that people all over the world are working on their little bits, that’s what will give you hope.

Source: [safarius.com](http://safarius.com)

**Y**ou may not believe in evolution, and that’s all right. How we humans came to be the way we are is far less important than how we should act now to get out of the mess we have made for ourselves.

Source: *Reason for Hope: A Spiritual Journey*

**“Y**ou cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make.”

[www.goodreads.com](http://www.goodreads.com)

When **Jane Smiley** met up with a friend from her school days four decades ago, their reunion is filled with unexpected insights

# *It's Funny* **What You Remember**

A FEW MONTHS AGO, I ran across someone on Facebook whom I had last seen at my high school graduation in 1967. In fact, though, the last time we interacted was in Grade Seven, when he asked me to tell one of my friends that he liked her. After that, things happened as they always do – friendships shift, some kids grow up quickly and some grow up slowly, and everyone heads out into the world to make the best of himself or herself. It stunned me that this boy should end up in my small town 3000km from where we grew up, and I messaged him. We went back and forth for months about a convenient cup of coffee.



This week, we finally got together. I was a minute late to the coffee shop. There was a short line, and as I joined it, I said, “———?” He turned around. I told him, “I would recognise you anywhere.” And I would have. Are all faces that you know from when you were a child so imprinted that their lineaments leap out at you? This happened to me in graduate school. I saw a girl I had grown up with, and I recognised her by a vein in her forehead.

He bought a muffin, and bought me a bagel. I cleared a table, and we sat down by the window. He said, “I have to admit, I had no idea you were famous until yesterday, when I mentioned to a friend that I was having coffee with you, and she shouted, ‘Jane Smiley!’”

I laughed and said, “May I quote you?” Intermittent fame is what writers specialise in.

It soon became clear that I remembered him better than he remembered me. He was a bit wild in school, while I was, as he said, quiet and studious. I said, “And always at the stables. That was what I was thinking about.”

He said, “I didn’t know you did that.”

That was my first lesson: that most of your life is hidden from people you see every day, day after day, for years. I was quiet; no-one gossiped about

me. He was wild; everyone gossiped about him. We kept talking, leaned toward one another.

Some of our fellow students had died. We traded names. The ones we remembered had died young – in their 20s. One was a suicide. I hadn’t known about that one. Forty-five years ago now. We talked about teachers. He didn’t remember anyone fondly. My favourite, a man I thought funny and subversive, had accused him of plagiarism.

In retaliation for what I would consider a fairly routine prank, the interim headmaster of our school had written to the colleges where my coffee companion had applied, telling them he was not a good candidate. For me, college had been a smooth escape, the first stage of my launch to-

wards actually learning something. For him, it had been a dead end, followed by another and another. Perhaps the interim headmaster would have seen his fate as well-deserved punishment for being wild, thoughtless, out of control. As a parent of children now in their 20s and 30s, I was horrified at the headmaster’s vengefulness.

My companion suddenly looked me in the eye and apologised for anything he might have said or done that hurt me all those years ago. I was taken aback. I couldn’t remember a thing,

“

***Most of your  
life is hidden  
from people you  
see every day,  
day after day,  
for years***

and I said so, but that was my second lesson: everyone's view into the past is telescopic, narrow and sharp; dark for some, light for others.

We catalogued our adventures, our educations, our offspring, our marriages, our mid-life crises, the anxieties that somehow we got rid of. I am usually aware that behind every communication there is a wealth of images, insights, emotions and memories, but sitting with this familiar face that I hadn't seen in 47 years enriched that sense of fullness. Was it stranger that he had been to many places I had never been (India, Southeast Asia, South America), or that we had been in many places at about the same time (Iowa, Big Sur, my own small town)? I imagined him disappearing around a corner just as I stepped onto that street, us seeing the same things at the same time, but never each other.

Both of us have a living parent, 90 or so, and so our lives are not over, but they are at the culmination stage. I have just published the first in a trilogy of novels that reconsiders and sifts through the history of my grandparents' generation, my parents' generation, my generation and my children's generation. My coffee mate is about to embark on a building

project that will give him a job and a home for a long time to come – he has found where he wants to settle down. We are eligible for Social Security, retirement, old age, grandchildren, looking at funeral caskets.

After an hour, we both had things to do; time to head out. I said that I had enjoyed our chat and “We should get together.” The standard response to this remark is, “Yes, we should,” after which, chances are, you will never see that person again. He said, “We’ll see.” I was taken aback, but that was another lesson: introspection and thoughtfulness lead to honesty with yourself, honesty with others. The impulsive boy I remembered had turned into a man who knows himself – someone who has investigated his feelings and his history, who has sought lenses for seeing what he needs to see. My lens, writing books, has done something of the same thing for me.

Normally, relationships go on for years, and the friends and family members we bump against and move along with seem mostly the same as always, and maybe when they change, we don't like it. But all of a sudden, and just for a moment, I glimpsed the whole of a single life, and for that moment, I loved him. **R**

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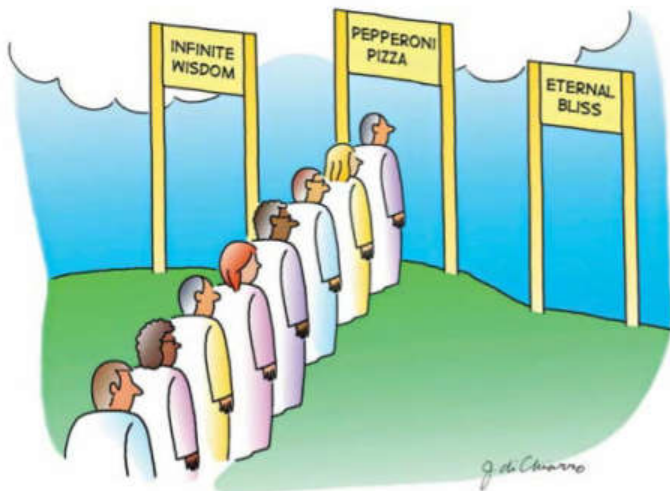
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## SOLO POWER

I totally understand how batteries feel because  
I'm rarely included in things either. @CEHUDSPETH

# All in a Day's Work

HUMOUR ON THE JOB



## HARDLY WORKING

My newly retired husband was watching as I went about my daily routine. I cleaned, ironed and sorted the laundry, and after making us both a cup of coffee, I sat down. Hubby looked at me thoughtfully.

*Was he finally realising he could help, I wondered?*

My hopes were dashed when he said, "Isn't it wonderful how you always find ways to keep yourself so busy."

SUBMITTED BY  
LUCY GRACE

## JUST PAY UP

It's the first of the month; here are excuses tenants gave their landlords for not paying the rent:

- "I have to make payments on my BMW and iPhones."
- "You are too wrapped up in the whole concept of 'money'."
- "So... you're talking to me only because the rent's not paid? Is that all I am to you? A tenant?"

Source: the Landlord Protection Agency (thelpa.com)



PHOTO: THINKSTOCK



## FINE DINING

The question we hate having to answer at our family-owned restaurant is, "What's good tonight?" Obviously we would never serve anything we didn't think was good. So I braced myself one night when I heard the dreaded question posed to my husband.

He calmly replied, "Anything over 25 dollars."

Source: gcfl.net

## BOSSY BOOTS

I hate being self-employed. Whenever I want to complain about my boss to my friends, she's always there.

SUBMITTED BY ADARA SAJTOS

## Drawbacks to Working in a Cubicle

- The walls are too close together for the hammock to work right.
- You always have that nagging feeling that if you press the right button, you'll get a piece of cheese.
- There are 23 power cords but only one outlet.

Source: jokeoftheday.com



## ROVER IT

I'm a dog trainer. Before I met with a new client, I had her fill out a questionnaire. One question asked, "Why did you choose this breed?"

My client responded, "I often ask myself this very same question."


SUBMITTED BY CINDY MAURO

## PEERLESS

A lady in the nursing home I work in was celebrating her 102nd birthday. A reporter from the local paper came to interview her, and asked what was the best thing about being her age.

The lovely lady looked at him straight and said, "No peer pressure!"

SUBMITTED BY SHANNON LLOYD

 Got a good joke, anecdote or real-life gem to share? Send it in and you could win cash! See page 6 for details.



DRAMA IN REAL LIFE

For four adventurous men,  
this boat race promised  
the challenge they craved.  
And boy, did it deliver

# Ordeal on the Pacific

BY SIMON HEMELRYK



**C**OLIN PARKER HAD HEARD SOME WILD IDEAS from his friend Fraser Hart, but this was unreal. “I want us to enter a four-man rowing race across the Pacific from California to Hawaii,” Fraser, a 32-year-old web developer, enthused over a beer. “It’s 2400 miles [3862km] and starts in June next year.”

The men, who’d met as teenagers in Tunbridge Wells, south-east England, relished a challenge. Colin had run the London Marathon and climbed the highest peaks in England, Scotland and Wales in 24 hours. Fraser had cycled over New Zealand mountain ranges. “It’ll be a real adventure,” Fraser said.

Colin was unconvinced – neither of them had rowed before. “Oh, it’s only February [2013], we’ve got time to train,” continued Fraser, tall and charismatic with shaved head and sparkly eyes. Thirty-five-year-old journalist Colin was won over: “All right, you’re on.”

The two men, along with 11 other teams, would be taking part in the 2014 Great Pacific Race, the first ever. The organisers helped the friends recruit two more team members: Sam Collins, 24, from Cornwall, was an experienced sailor, while James Wight from south London, a witty, black-bearded 35-year-old, had climbed Indonesian volcanoes and wanted a break from his marketing career. Team “Pacific Rowers” was born, with Fraser, a natural leader, made skipper.

For the next few months the four spent hours on rowing machines in the gym, took intensive sea survival

and navigation courses, and spent evenings ploughing through paperwork for the race and begging companies for free gear. They also found a 7.3m boat to rent, christening the white, missile-shaped vessel *Britannia 4*.

The men’s families were dubious, especially Colin’s girlfriend Melanie and Sam’s girlfriend Chloe, while Fraser’s mother thought he was a bit mad. But they could see how much the challenge meant to the quartet – particularly after they decided to use social media during their voyage to raise awareness about plastic pollution in the Pacific.

**IN MAY LAST YEAR THE FOUR MEN** arrived in Monterey, California, for the start of the race. They still had a huge amount to do – buying dried and powdered food, and struggling with their internet-driven communications systems. With a week to go, the organisers insisted on a thorough check of all the boats. *Britannia 4*’s inspection couldn’t have been done by a more appropriate person – British boat builder Justin Adkin, who’d actually created the craft 13 years earlier.

Adkin spent an age checking every nook and cranny of *Britannia 4* before



walking over to Team Pacific Rowers with a grim expression.

"This has been worked on by people who don't understand ocean-going rowing boats," he announced. "I believe in its current state the boat isn't fit to take part in the race."

Sam, Fraser, James and Colin were crestfallen as they looked at the list of repairs that Adkin wanted. Much of the boat's fibreglass floor and a glass cabin hatch needed replacing. They'd poured more than £10,000 each into the race already. "If it costs

ocean for weeks. What are we doing?"

Still, as they headed out past Monterey's upmarket waterfront and distant mountains, it became clear that their training had paid off. Rowing in two-man, two-hour shifts along a well-planned southwesterly route, they'd made great progress by the end of the first day. "Well done, guys, you've covered more miles than anyone else," race organiser Chris Martin told them over the radio.

By late that evening, though, an unexpectedly strong northwest wind

***I can't pretend this is easy, thought Sam, as he struggled to get comfortable in the cramped cabin***

more than another £10,000, we can't go on," said Colin.

Luckily a local boat builder agreed to cut a good deal if they helped with repairs. So they spent a week chiselling away fibreglass and filling any small holes with sealant until the race inspection team were happy. Polished and ready to go, *Britannia 4* looked magnificent.

**THE MEN HAD MISSED THE OFFICIAL** start of the race, but five of the other teams were also delayed. So, on June 18, they set off.

In the half-light of an eerily flat early morning sea, it suddenly hit James. "We're going to be alone on the

had picked up, with waves thumping the rowers' faces. Fraser and his colleagues spent an uncomfortable night of half-sleep between shifts, on isolated, rolling seas. *I can't pretend this is easy*, thought boyish, blond Sam, struggling to get comfortable in the cramped aft cabin.

Still, they kept focused and were soon more than 95km from land, far away from or on a different course than the other five boats.

On the afternoon of the following day, however, when Fraser flicked on their desalinators to make drinking water, all he heard was weird grinding. Sam opened the compartment and found it flooded with seawater.

He bailed it out and got it running. Two hours later it had flooded again.

Fraser opened all six compartments – all were full of water. “Great,” he said in an uncharacteristically quiet voice. Despite their repairs and checking, the waves had exposed previously unseen weak points in the seals and water was rushing from one section to the next.

The men spent the afternoon frantically bailing with buckets and an electric pump, in between strenuous rowing shifts as 4m waves smashed over the deck. By evening they needed rest, so they threw out a para-anchor, a device that keeps boats more stable in storm conditions, and squeezed into the fore and aft cabins for the night.

At first light Fraser stretched out his hand to find about 8cm of water pooled behind his head. “Oh, s\*\*\*,” he muttered.

The boat was riding so low that

every time they got some water out, a wave washed in again. “This is impossible,” said an increasingly desperate James. “One hatch we can bail out, but not all this.”

He and Fraser concentrated on trying to seal the internal holes. But not much later, suddenly Fraser announced, “That’s the last of the putty.” They were powerless to stop the flooding now.

“We’re going to have to radio the support yacht and ask for more,” said Sam.

They had no idea how long it would take the yacht to reach them – and whether they’d still be afloat by then – but the men now looked at each other with disappointment as much as fear. “If we get help,” said Colin, “we’re disqualified from the race.”

*We’ve overcome so many obstacles in the last year,* thought a crushed Fraser. *And now this.*

But there was no option, so Sam

*After a delayed start to the race, the boat – and the men – were set to go*





radioed Chris Martin. The support vessel, *Galen Diana*, had been towing other struggling teams closer to the Californian coast. He told Sam, "It won't get to you until at least 6pm." That was ten hours away.

As the hours ticked by, the wind got stronger and the four men sat clinging to their partially submerged craft. It was 8pm before James spotted a mast approaching.

Fifty-year-old experienced skipper Rod Mayer and his crew of three battled the waves to keep the *Galen Diana* circling close to the rowing boat before radioing to tell the men they'd have to abandon their boat and swim across to the yacht on a buoyant safety line.

But as he tried to keep his eyes on *Britannia 4* amid the churning waves, Mayer realised his 50-foot vessel was rising and crashing so violently that it could smash down on the men as they tried to reach for its swim platform.

As Mayer deliberated what to do, the deepening seawater on board *Britannia 4* blew the boat's electrics, plunging it into darkness and halting the pump.

"Just to let you know," Sam radioed over, "this is getting ridiculous." Captain Mayer communicated with race organiser Chris Martin and he called the coastguard.

**PETTY OFFICER CHRIS LEON**, a 26-year-old helicopter rescue swimmer, had just returned to his San Francisco base when the call came in

around 10pm. He and his helicopter crew piled on board and set off. But *Britannia 4* was 110km off Monterey, 95km to the south, so they'd have to fly there first and refuel.

Back on the boat – which was starting to list alarmingly – Sam was getting cold. The others had put on their survival suits, but Sam's had become tangled and so much water had gotten in that he couldn't get it on. The water was a cool 12.8°C. He was now shivering violently. James tried to keep him warm but soon the numbing, frigid sensations in Sam's body turned to a strange euphoria. He wondered if he was on the edge of hypothermia. *I'm screwed*, he thought.

"Where is that f\*\*\*\*\* helicopter?" James shouted, raising his fist to the sky.

The *Galen Diana's* crew had been giving the men rough updates on the chopper's progress via the VHF radio. But suddenly their radio fell silent – the battery dead. "HOW LONG NOW?" the men were reduced to shouting across the roaring sea.

**AT ABOUT MIDNIGHT**, a red light appeared in the distance. "There it is," shouted Fraser.

The helicopter hovered about 100m from the rowing boat, then moved away. *Oh, God*, thought James, *maybe it's too windy for them*.

He wasn't far wrong. Chris Leon had plucked people from stricken boats before, but never in 4.5m waves

on an overcast night so far from land. Pilot Scott Black came over the radio: "We've only got enough fuel to stay for 30 minutes."

There was no time to waste. Chris, in a bright orange survival suit, opened the helicopter hatch. The boat was about 20m away, but after hoist operator Craig Spraggins had lowered him clear, Chris released his harness and jumped 9m into the sea. Behind him, Craig lowered a metal rescue basket,

keep swimming back and forth to the basket and he had to be hoisted back into the helicopter too. Then suddenly Craig yelled to Chris, "We only have enough fuel for one more hoist."

"Drop me first and then the basket right onto the boat," he yelled back to Craig. Both knew that this would be dangerous.

Unable to see directly beneath him, pilot Scott had to rely on Craig's commands to guide the basket:



*In Monterey before the race (from left to right): Colin, Fraser, Sam and James.*

barely big enough for two men, into the water. Chris swam for *Britannia 4*.

Everyone said Sam should go first, so Chris told the young Cornishman to jump in the water. Dazed and disorientated, Sam brought a heavy bag with him – and sank like a stone. Chris searched desperately for him then dragged him to the rescue basket, waves smashing over their heads.

As Sam was slowly hoisted into the helicopter, Chris realised the boat had drifted almost 400m in the strong current. There was no way he could

"Forward a bit, three metres to the left..."

Back on the boat, Chris told the remaining rowers there was only enough fuel for this last pick up. Chris and a volunteer would have to stay on the craft until the chopper could return. "I'm skipper, I'll do it," said Fraser instantly.

The descending basket swung straight for James's head, but he ducked, Chris caught it and James and Colin squeezed inside. On board the helicopter, they high-fived a blanket-

covered Sam, but their thoughts were with Fraser.

Clinging onto *Britannia 4*, waist deep in water on a boat that could capsize or sink at any moment, Chris asked Fraser, "Have you got a life raft?"

"Yep," said Fraser confidently. But in their panic to bail out the boat, the rowers had failed to tie up the raft and, just at that moment, it floated away.

Chris radioed the helicopter for a replacement. It, too, was grabbed by the sea. *That was our last resort*, thought Chris. We're exposed.

Both men fell quiet. Though there was little it could do, the *Galen Diana* stayed close by. Fraser and Chris strained to hear its crew's shouted updates on the helicopter's progress.

Chris was losing feeling in his hands. He worried about being unable to operate the hoist hook. *If that*

*helicopter doesn't come back soon, we could be in serious trouble.*

Meanwhile Sam, James and Colin had been taken to San Luis Obispo County Regional airport and given warm clothes. They waited for news. At about 3am Chris Martin called. "It's about Fraser," he said solemnly. Sam feared the worst. The race organiser continued. "He's been rescued – and taken to Monterey."

**BACK AT THE BASE**, Chris's colleagues congratulated him for brave work in "gnarly conditions," as they put it.

"It was a big risk, particularly being left there," says Chris. "But it's worth the reward. My motivation and training is to help people."

The four rowers were full of praise for their rescuers. "U guys rock," James wrote on Facebook to Craig and Chris.

"I have a serious man crush on Chris," says Sam. "We're lucky there are such amazing people in the world."

Despite their ordeal, and money allowing, Fraser, Colin and James hope to attempt the Great Pacific Race again in 2016. (Sam is unable to make that race due to other commitments.)

Yet, as Sam says, "The whole experience was a defining, positive thing for me. That was as bad as it's ever going to get. I feel I can take on any challenge." **R**

## Puzzles

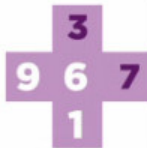
See page 120

### GREAT WALL OF NUMBERS

2. In each horizontal row, the numbers add up to 11.

### CROSSFIT

3 and 7. In each arrangement, add the top number with the one in the centre to get the number to the left; then add the centre number to the one on the bottom to get the number to the right.



### THE INTRUDER

D. In all the others, the lines join separate planes.

### SHAPE UP, TRIM DOWN

3. If a figure is three-dimensional, it has a value of 3; if it is two-dimensional, its value is 2. Those values are added or subtracted accordingly.

### HIDDEN MEANING

A. Odds on bet B. Absentee ballot C. Backyard

Only seven of 12 boats finished the Great Pacific Race. The winner, *Uniting Nations*, reached Hawaii in just under 45 days.

# Smart Animals

The connection between pets and their owners can be incredibly strong – as these amazing stories demonstrate

## The Dog With a Map in Her Head

CORA PAL

It was the summer of 1945 and the war was just over. I was 12 and holidaying with Lassie, my beloved five-year old mongrel at my aunt's home in South Wales, UK.

One morning I was roaming the Dan-Y-Bryn hills, Lassie at my heels, when terrifyingly I tumbled down an overgrown bomb crater, a relic of an off-target Nazi raid five years earlier. The makeshift fence surrounding it had long since blown over in the wild Welsh winds.

Blackberry bushes tore at my arms, searing pain ripped through me, my head hit a stone; I blacked out. I lay in the crater for six hours. When I came to, Lassie had gone and the sun was setting. Cold,

frightened, hurt by Lassie's desertion, I struggled to get up but realised that my leg was badly broken. Panic set in. Then mercifully came Lassie's familiar bark and Aunt Bronwyn's worried voice.

"Aunty!" I yelled, and then I was crying in her arms, the first tears since my ordeal began. Lassie hadn't abandoned me, she'd simply gone for help. Unable to carry me, Aunty raced to the nearest farmhouse. Lassie stayed with me, her warm body close to mine. Soon I heard Aunty's voice again along with deeper male ones.

I was carried out on an improvised stretcher and driven 5km over narrow mountain roads to the Royal Gwent Hospital in Newport – coincidentally the seaport for which the stray bomb had been intended. The nightmare was over.

To get help, Lassie had crossed a



river, an arterial road and a canal, travelling more than 6km in unfamiliar surroundings. She became a heroine. Her photograph and the rescue story appeared in the local newspaper.

"That dog has a map in her head!" declared the reporter who interviewed me. Lassie wasn't pedigreed or a collie but she certainly lived up to her name.

## The Kitten with an Internal Alarm Clock

GARTH GILMOUR

As a teenager in New Zealand, I was a cadet reporter at Dunedin's *Otago Daily Times*, which meant long, late nights. I would usually leave the paper between 3am and 4am and cycle home from the city centre to Andersons Bay on the other side of the harbour, which was about 1.5km away, ending with a long, steep climb to my home.

One night as I passed through Musselburgh, nearing the foot of the final climb, I heard a cat mewing. I stopped, called out and a small furry ball emerged from the shadows and ran up to me. I was astounded to see that it was my kitten Chips. I scooped him up, draped him round my neck and rode home. I could hear him purring happily and feel his claws as he kneaded the side of my neck, another sign of his contentment.

I was baffled at how he knew I was coming home.



Still, from that morning on, he was there to meet me and catch a ride home on most mornings. Curious, my father got up several times to see what Chips did. The little cat, sound asleep on my bed, would suddenly sit upright and, seconds later, jump from the bed to the slightly open window and vanish into the darkness.

Amazingly, although my return home varied over some two hours, Chips was always waiting for me. His internal alarm clock was astonishingly accurate and remained so for the year that I was with the paper.

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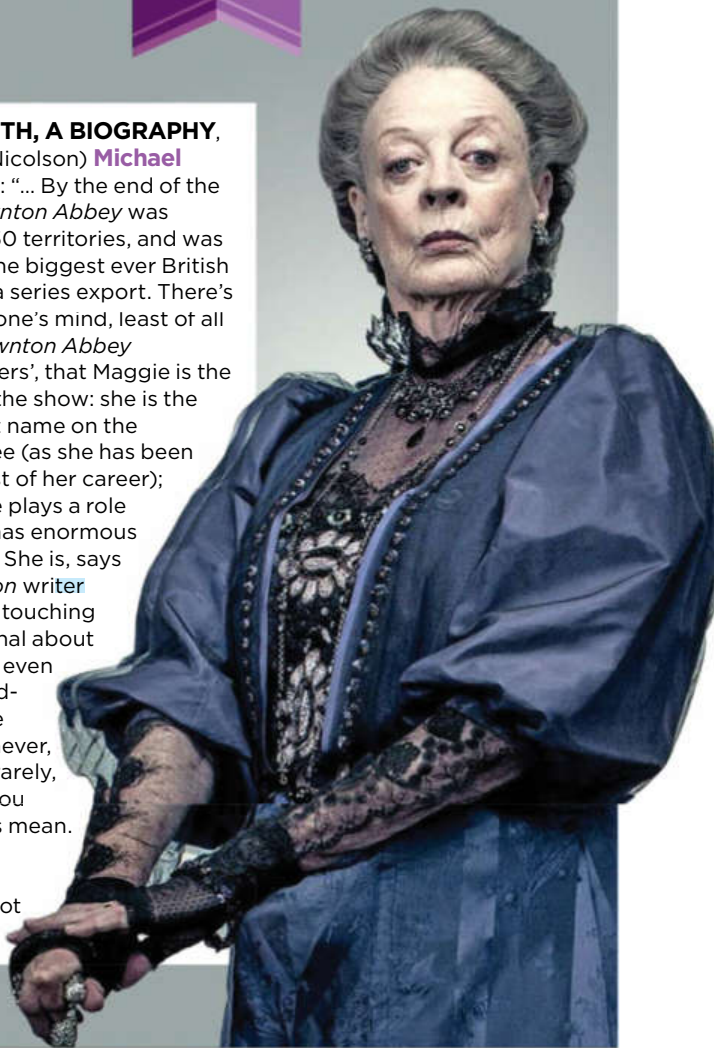
**You could earn cash by telling us about the antics of unique pets or wildlife. Turn to page 6 for details on how to contribute.**

# BOOK DIGEST

In **MAGGIE SMITH, A BIOGRAPHY**, (Weidenfeld & Nicolson) **Michael Coveney** writes: "... By the end of the fifth series, *Downton Abbey* was distributed in 250 territories, and was established as the biggest ever British television drama series export. There's no doubt in anyone's mind, least of all

the *Downton Abbey* producers', that Maggie is the star of the show: she is the biggest name on the marquee (as she has been for most of her career); and she plays a role which has enormous appeal. She is, says *Downton* writer

Julian Fellowes, touching 'something diurnal about people's values, even though she is old-fashioned in one sense, and she never, or at least very rarely, does anything you could think of as mean. Lady Violet is judgmental and absolutist, but not mean.'"





**VINEGAR SOCKS** (Hardie Grant) by**Karin Berndt** and **Nici Hofer**:

"... We both grew up in Austria where no herb or vegetable was too strange to be applied or consumed to help the body heal. This home remedy is one most Austrians would have come across as children. As we lay sick in bed, our mums would have applied these socks to our feet – no questions asked – to lower fever. (If the patient is shivering this recipe is not appropriate. Seek medical advice.)"

*Take a bowl. Fill with 2 cups of cool water. Add 1-2 tablespoons vinegar. Soak a pair of long woolly socks in this solution. Wring socks out slightly, and slide them over the feet and calves. Put a dry towel around the socks to prevent the bed from getting wet. Leave for 45 mins. Repeat as necessary.*



In **TAIL TALK: THE SECRET LANGUAGE OF DOGS** (Ivy Press),

**Sophie Collins** writes:

"...If a broad sweep represents a happy greeting, the wag you see most often when a dog is playing is a slightly slower movement – a gentle wave. A higher tail vibrating in short sharp bursts may be warning you off – for example if the dog is feeling possessive over a toy. In play, you will see the whole gamut of tail talk."





### 30-SECOND SHAKESPEARE (Ivy Press), edited by **Ros Barber**:

“... According to ancient herbals and cookbooks, the ingredients in the cauldron in *Macbeth* are herbs and plants: eye of newt is mustard seed; tongue of dog is a leaf from the hound’s tongue plant; scale of dragon is a leaf of dragon-wort, otherwise known as tarragon, whose Latin name means ‘little dragon’. Mummy, a medicament from dried bodies, was popular among the Elizabethans and was sold in the Merck pharmaceutical catalogue until 1908.”

In **I BEFORE E (EXCEPT AFTER C)** (Michael O’Mara Books), **Judy Parkinson** reminds us of “old-school ways to remember stuff”, such as:



**The Countries of Central America.** There are seven Central American countries, namely: **Guatemala, Belize, Honduras, El Salvador, Nicaragua, Costa Rica and Panama.** If these names or the letters GBHENCPC don’t roll easily off the tongue, try using this mnemonic phrase to jog your memory:

*Great Big Hungry  
Elephants Nearly  
Consumed Panama*

# J E R F !

*Just Eat Real Food,  
people!*

**Sarah Wilson** in **I QUIT  
SUGAR: SIMPLICIOUS**  
(Pan Macmillan)



# MOVIE DIGEST



## **SPECTRE** *Action, Adventure*

James Bond returns in his 24th on-screen adventure. And so do sleek, sophisticated gadgetry (including a bespoke Aston Martin) and stunning locations.

This time, Bond (Daniel Craig) heads out on a rogue mission to Mexico City after receiving a cryptic message from an unlikely source. He infiltrates a secret meeting and uncovers the existence of the sinister organisation known as SPECTRE.

In an attempt to thwart SPECTRE's evil plan, Bond covertly enlists the help of Moneypenny and Q to find Madeleine Swann (Lea Seydoux), the daughter of his old nemesis Mr White and Bond's one hope for victory.

## **FREEHELD** *Biopic*

Freeheld is the compelling story of Laurel Hester (Julianne Moore) and Stacie Andree (Ellen Page) and their fight for justice and same-sex spousal equality. A decorated New Jersey police detective, Hester is diagnosed with terminal lung cancer and wants to leave her pension benefits to her partner, Andree. However, the county officials prevent Hester from doing this. Activist Steven Goldstein (Steve Carell) and hard-nosed detective Dane Wells (Michael Shannon) help Hester's cause by rallying police officers and citizens to support them. This poignant adaptation of Cynthia Wade's 2007 short film celebrates both love and basic fairness.





## THE PEANUTS MOVIE *Family, Comedy, 3-D*

Snoopy and the Peanuts gang are back on the big screen in state-of-the-art 3D animation. While the world's most lovable beagle (and flying ace) embarks on his greatest mission to down The Red Baron, his best pal Charlie Brown (voiced by Noah Schnapp) begins his own epic quest, heroically proving that every underdog has his day. It's guaranteed to lift the spirits and remind viewers of the importance of perseverance and a positive attitude. Timed to celebrate the 65th anniversary of Charles M. Schultz's comic, the film is written and produced by his son and grandson and made by the creators of the *Ice Age* films.

## THE HUNGER GAMES: MOCKINGJAY PART 2

*Adventure, Sci-fi*

Katniss (Jennifer Lawrence) is back with her closest and most loyal friends, Peeta (Josh Hutcherson), Gale (Liam Hemsworth) and Finnick (Sam Claflin). This time they are fighting not just for survival, but for the future of Panem and all its people.

The plan to assassinate President Snow (Donald Sutherland) seems morally defensible – he has overseen the cruel sacrifice of District children year after year. But the world of Panem politics is more savagely cruel than anyone expects, and much will be sacrificed before the end.



**Q.** Excluding “the”, which word appears the most often in Bond film titles?



## INSIDE OUT

Animation,  
Comedy, Family



When released earlier this year, *Inside Out* drew a standing ovation at Cannes. Since then it has received rave reviews as it delivers Pixar's signature combination of wit and visual stimulation, appealing to adults and children alike. For those

who missed this highly original coming-of-age story on the big screen, it is now out on DVD.

When Riley's dad moves the family across country, she finds it tricky coping with a new city, house and school. Inside Riley's mind, her five

emotions – Joy, Sadness, Anger, Fear and Disgust – are trying to make sense of the upheaval.

As Riley struggles to cope, Joy tries to keep things upbeat. But Riley will need all her emotions to work together if she's going to adjust.

## Did you know?

### THE DAY THE CLOWN CRIED

It's the Bigfoot of movies. Made in 1972, *The Day the Clown Cried* was directed by and starred comedy great Jerry Lewis, but has never been released. In August, news broke that the US Library of Congress had acquired a print of the film as part of a donation of Lewis's works – and is planning to screen it. In ten years or so...

The movie marked a huge departure from Lewis's usual slapstick comedy. A Holocaust drama, the story centres on an imprisoned circus clown who entertains Jewish children in a German internment camp.

Plagued by financial difficulties and arguments with



the scriptwriters, the "lost" film caused so much grief that none of the parties involved wanted to release it. Since Lewis has rarely given a straight answer as to his reasons for withholding it,

speculation has ranged from it being too raw to it being plain old awful. In ten years, we may be able to judge for ourselves.

**A:** *Never*

# Puzzles

*Challenge yourself by solving these puzzles and mind stretchers, then check your answers on page 111*

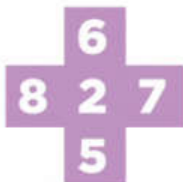
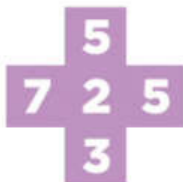
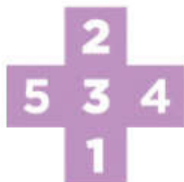
## GREAT WALL OF NUMBERS

Complete the number array with the missing number.

1	3	2	1	2	0	1	0	1
3	2	1	1	0	2	0	1	1
1	2	0	0	1	3	2	0	2
5	0	1	0	1	0	0	4	0
4	1	1	0	0	2	0	2	1
0	0	1	0	7	2	0	1	0
4	0	4	0	1	1	0	0	1
2	1	2	3	0	0	1	0	2
3	2	0	?	1	1	1	1	0

## CROSSFIT

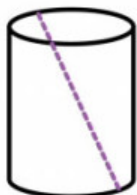
Supply the missing numbers.



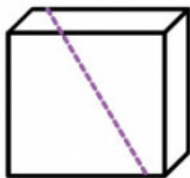


## THE INTRUDER

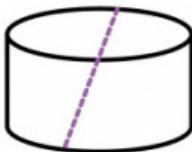
One of the figures below doesn't belong.  
Which one is it?



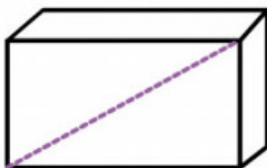
**A**



**B**



**C**



**D**

## SHAPE UP, TRIM DOWN

Complete the number array with the missing number.

$$\text{Cylinder} + \text{Cylinder} - \text{Pentagon} = 4$$

$$\text{Cube} - \text{Cylinder} + \text{Triangle} = 2$$

$$\text{Square} + \text{Pentagon} + \text{Cube} = 7$$

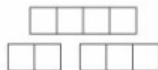
$$\text{Trapezoid} - \text{Hexagon} + \text{Cylinder} = ?$$

## HIDDEN MEANING

Identify the common words or phrases below.

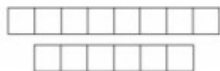
**ODD  
ODD  
BET**

**A**



**BALLO**

**B**



**DRAY**

**C**



# Trivia

1. Jacob and Wilhelm were the first names of which 19th century scary writer siblings? **1 point**

2. Name these writers from the anagrams of their name: **3 points**

■ *Tiny blonde*: prolific British children's classic author

■ *Pure calm sort*: French memoirist

■ *Darned charm only*: US noir mystery writer

3. Porcino, Oyster and Sheep's Head are all types of what common meal ingredient? **1 point**

4. How many dots are on the playing mat of the game Twister? **1 point**

5. To the nearest tenth, what fraction of the Earth is covered by sea? **1 point**

6. Which Brit appeared on the cover of the first issue of *Rolling Stone* in November 1967 as Private Gripenweed? **1 point**

7. Which colour of light has a higher frequency, red or violet? **1 point**

8. What does ECG stand for? **2 points**

9. What type of fruit are clementines and cumquats? **1 point**



10. What country are the Channel Islands, UK, which include Jersey and Guernsey, closest to? **1 point**

11. The "Spruce Goose", a boat plane with the largest wingspan ever, was flown just once, this month in 1947. Who was its pilot, and from what was it made? **2 points**

12. Ajaccio, Heraklion and Nicosia are the capitals of which three of the five largest islands in the Mediterranean, all beginning with C? **3 points**

13. From which building were the Elgin Marbles removed between 1801 and 1805? **1 point**

14. By what name is the popular stimulant  $C_8H_{10}N_4O_2$  better known? **1 point**

16-20 Gold medal

11-15 Silver medal

6-10 Bronze medal

0-5 Wooden spoon

**ANSWERS:** 1. Brothers Grimm. 2. Enid Blyton. Marcel Proust. Raymond Chandler. 3. Mushroom. 4. 24 (6 rows of 4 wood (mainly birch)). 5. 7/10 (71%). 6. John Lennon. 7. Violet. 8. Electrocardiogram. 9. Citrus. 10. France. 11. Howard Hughes. 12. Corsica (Corse-du-Sud). 13. Crete, Cyprus. 14. Caffeine.

IT PAYS TO INCREASE YOUR

# Word Power

## Home Grounds

*They say a good vocabulary is the foundation of learning. Master these terms related to architecture and construction, and you will build yourself a fine edifice. Answers on next page.*

BY EMILY COX &amp; HENRY RATHVON

**1. raze** *v.* – A: build up. B: dig a foundation. C: tear down.

**2. dexterous** *adj.* – A: skilful. B: left-handed. C: turned clockwise.

**3. jury-rig** *v.* – A: set up permanently. B: construct in a makeshift fashion. C: glaze.

**4. stud** *n.* – A: slang for a good carpenter. B: levelling bar. C: upright post.

**5. on spec** *adv.* – A: using blueprints. B: without a contract. C: ahead of schedule.

**6. garret** *n.* – A: attic room. B: pantry or extra kitchen room. C: basement room.

**7. annex** *n.* – A: supplementary structure. B: underground dwelling. C: foundation.

**8. wainscot** *n.* – A: intricate

plasterwork. B: scaffolding. C: panelled part of a wall.

**9. rotunda** *n.* – A: central column. B: circular room. C: revolving door.

**10. plumb** *adj.* – A: not linked, as pipes. B: past its prime. C: vertical.

**11. aviary** *n.* – A: house for birds. B: airport terminal. C: open lobby.

**12. corrugated** *adj.* – A: with closed doors. B: rusted. C: having a wavy surface.

**13. mezzanine** *n.* – A: lowest balcony floor in a theatre. B: domed ceiling. C: marble counter.

**14. cornice** *n.* – A: meeting of two walls. B: decorative top edge. C: steeple or spire on a medieval cathedral.

**15. vestibule** *n.* – A: dressing room. B: lobby. C: staircase.

## Answers

**1. raze** – [C] tear down. I hear they're going to raze the mall and build a greenhouse.

**2. dexterous** – [A] skilful. Charlotte spun her web with amazingly dexterous eight-handedness.

**3. jury-rig** – [B] construct in a makeshift fashion. The contractors were let go after they jury-rigged our home's first floor.

**4. stud** – [C] upright post. Don't start hammering into the wall until you locate a stud behind it.

**5. on spec** – [B] without a contract. Dad is building the girls' dollhouse on spec.

**6. garret** – [A] attic room. I'm not fancy – a cozy garret in Paris is all I need to finish the novel.

**7. annex** – [A] supplementary structure. The children's annex was a welcome addition to the library.

**8. wainscot** – [C] panelled part of a wall. Marge's kids have treated the entire wainscot as an experimental crayon mural.

**9. rotunda** – [B] circular room. The

conflicting blueprints for the rotunda have me going in circles!

**10. plumb** – [C] vertical. Our fixer-upper may need new floors and doors, but at least the walls are plumb.

**11. aviary** – [A] house for birds. "Your cat hasn't taken his eyes off that aviary," Sheryl noted.

**12. corrugated** – [C] having a wavy surface. All we have for a roof is a sheet of corrugated tin.

**13. mezzanine** – [A] lowest balcony floor in a theatre. Sadly, our seats in the mezzanine had an obstructed view.

**14. cornice** – [B] decorative top edge. You're going to need a tall ladder to reach that cornice.

**15. vestibule** – [B] lobby. Anxiety peaking, Claire waited over an hour in the vestibule for her interview.

### GARDEN VARIETY

A **trellis** is a structure of crisscrossing slats on which vines or flowers may climb. An **espalier** was a trellis set against a wall or plant against which branches were trained to lie flat, now the word describes the technique or the plant itself. An **arbour** makes an arch of a trellis, and a **pergola** puts the trellis above a frame made of posts. If the structure's roof is solid instead, you have a **gazebo**. And if the gazebo is high on a hill, it can be a **belvedere** (Italian for "beautiful view").

### VOCABULARY RATINGS

**5 & below:** Tent

**6–10:** Bungalow

**11–12:** Mansion

**13–15:** Word Power wizard

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